

# REDBOOK

A full-length portrait of Jenna Fischer, smiling and wearing a purple leopard-print dress. She is the central figure on the magazine cover.

**31 days  
of outfits  
for \$200  
total!**

**GET IN A  
SEXY MOOD,  
INSTANTLY**

Read this before  
you say, "Not tonight"

**What bloats  
your belly  
(and how to  
deflate fast)**

**"WHY'D HE  
DO THAT?"**

Men explain their  
most annoying habits

**Jenna  
Fischer**

*The Office* star  
on losing weight,  
and love  
after divorce

**TAKE A  
FREE TRIP!**

We're giving  
away fantasy  
vacations

ENTER FOR A  
CHANCE TO WIN

**BETTER  
SLEEP  
FOR LIFE**

The fix  
for what  
keeps  
you up  
at night  
p. 138

**Flash  
dinners  
for busy  
women**

Yummy recipes,  
saner nights



# "BEAUTIFUL HAIR IS A MEASURE OF ITS CARE."

—FREDERIC FEKKAI

Feeling beautiful is within the reach of every woman.  
Nourish your hair with the care it so richly deserves.  
Find your Fekkai.



FREDERIC FEKKAI, FOUNDER AND CREATOR, WORKING BEHIND THE SCENES.



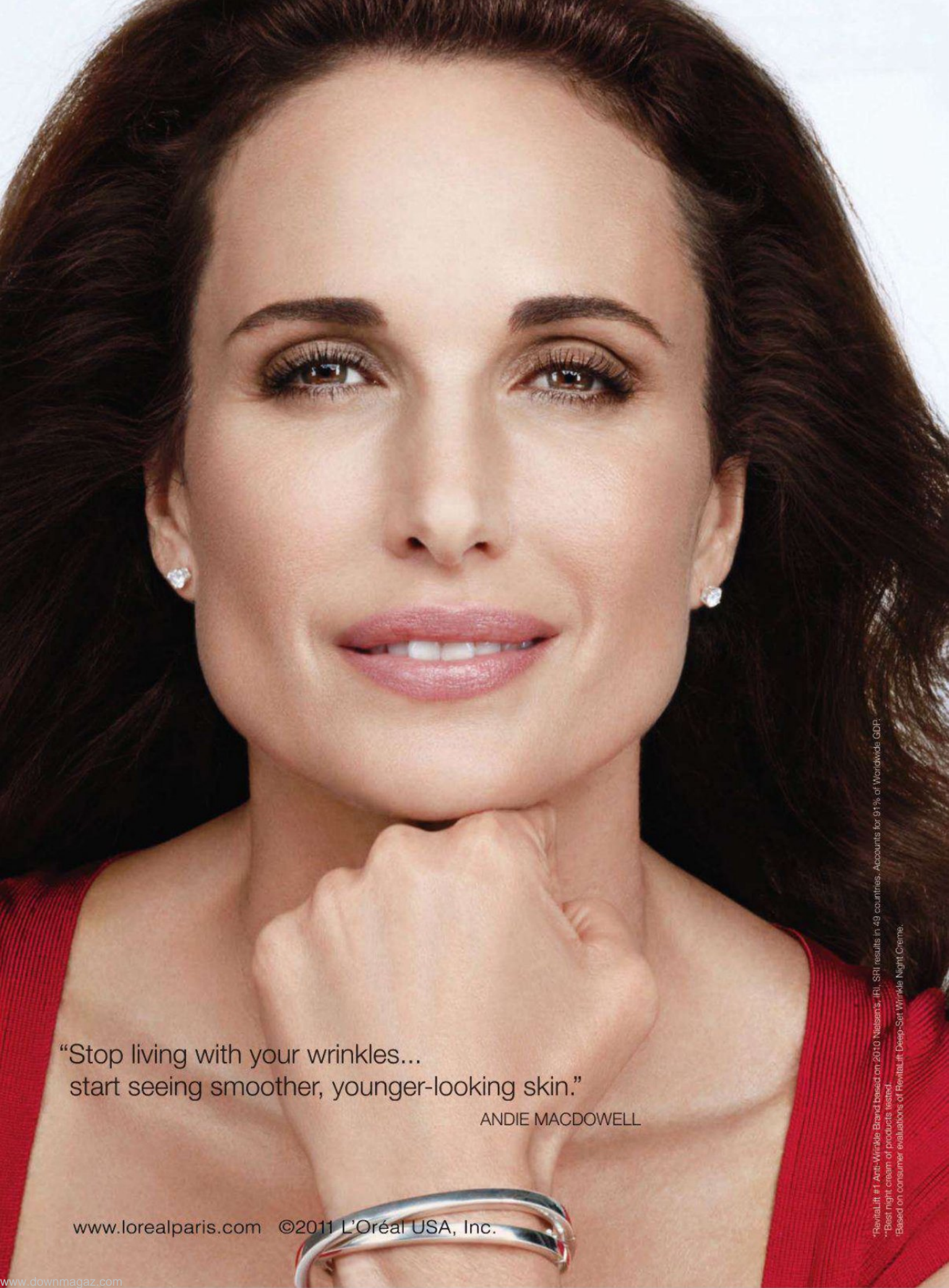
# Fekkai



FIND YOUR CUSTOMIZED FEKKAI COLLECTION AT [FEKKAI.COM](http://FEKKAI.COM)

FREDERIC FEKKAI SALONS SAKS FIFTH AVENUE





"Stop living with your wrinkles...  
start seeing smoother, younger-looking skin."

ANDIE MACDOWELL

[www.lorealparis.com](http://www.lorealparis.com) ©2011 L'Oréal USA, Inc.

\*Revitalift #1 Anti-Wrinkle Brand based on 2010 Nielsen's, IRI, SRI results in 49 countries. Accounts for 91% of Worldwide GDP.  
\*\*Best night cream of products tested.  
†Based on consumer evaluations of Revitalift Deep-Set Wrinkle Night Creme.



Give us 8 weeks,  
you'll see clinical results on  
**DEEP-SET WRINKLES.**

**REVITALIFT®**

**THE WORLD'S #1 ANTI-WRINKLE BRAND\***



**WINNER**  
BEST NIGHT CREAM\*\*

**DEEP-SET WRINKLE REPAIR**

Because you're worth it.™

**L'ORÉAL®**  
PARIS

**MORE THAN  
SMOOTHING,  
ADVANCED REPAIR:**  
94% of women  
saw firmer skin.†  
85% of women saw  
younger-looking skin.†

**CLINICAL RESULTS:**  
Used overnight, see  
reduced forehead  
and mouth lines.





Sally knows precision  
For more go to [sallyhansen.com](http://sallyhansen.com)  
Available in the Beauty Tool section of your local retailer.



Sally Hansen®

NEW

## Beauty Tools Redefined EVOLVED TO PERFECTION

Sally knows you want beauty with brains. We've developed a breakthrough collection of expertly designed beauty tools that have all your specific needs in mind. Precision tips and textured grips allow for sure-handed, targeted, salon results at home. Now you can Nip, Clip, Tweeze, Curl, and File with comfort and ease. So get a grip...beautifully.

- Precision tips ✓
- No slip grips ✓
- Optimal control ✓
- Ergonomic design ✓

Beauty that Works





new



# REPAIR YEARS OF DAMAGE IN MINUTES with KeraTriplex™ 2-Step Repair In-Salon Treatment.

**Reduces breakage up to 80%\* • Improves shine up to 35%\* • Prevents color fade up to 67%\***

Take home the benefits of strong, healthy hair with the complete Awapuhi hair care system.  
Protect and nourish hair with every wash, condition and style.

Only available in Paul Mitchell salons and schools, and now at **Saks Fifth Avenue** and **Neiman Marcus** salons.

\*Compared to untreated hair, results may vary.

by **PAUL MITCHELL**  
awapuhi.paulmitchell.com







# A dreamy retreat

## Made by Kim & Adam

### Designed by IKEA®

If Kim deserves anything for working long hours, it's the coziness of a charming bedroom. So she browsed through florals, stripes, solids and embroidery 'til she found the perfect IKEA duvet set. Now, home is an oasis. And she's in no mood to leave. Create your sanctuary at [IKEA-USA.com/bedroom](http://IKEA-USA.com/bedroom)



ALVINE KVIST full/queen  
duvet cover set  
**\$39<sup>99</sup>** /3pcs

**ALVINE KVIST full/queen duvet cover set \$39.99/3pcs** Includes duvet cover and two standard/queen pillowcases. 100% cotton. Imported. White/gray. Prices may vary at IKEA Houston. See IKEA store for country of origin information. See IKEA stores or [IKEA-USA.com](http://IKEA-USA.com) for details. Valid in US IKEA stores.



The Life Improvement Store™



# CONTENTS

MARCH 2011



**144** *How I Met Your Mother's* Cobie Smulders smiles with her eyes.



## WHAT TO WEAR

**39** TREND WITH BENEFITS  
The fun trench coat: Throw one on for instant chic.

**43** DRESS CODE Designer Lela Rose's style checklist.

**46** 31 DAYS OF NEW OUTFITS! Look great every day this month without spending a cent over \$200.

**54** WHAT WOULD HEIDI KLUM DO? Her killer style works for all body types.

## BEAUTY & HEALTH

**57** ALL THE TRICKS FOR... Beautiful, face-framing brows.

**60** PRETTY SMART Stuff that'll pretty you up, pronto.

**63** BEAUTY CALL The hot new in-between-y haircut.

**64** BEAUTY CONFESSIONS Supereasy self-tanner, the perfect mascara, and more.

**66** Q & TRIPLE A Red in the face? Here's how to fix it.

**71** HEALTHY YOU/GUY/KIDS Weird health warning signs, dad depression, and why TV isn't so bad after all.

**80** LAZY WOMAN'S FITNESS Sculpt your butt while you sit!

**83** INTIMATE ANSWERS "How can I ask him to switch things up in bed?" Hilda Hutcherson, M.D., answers.

**84** BLOATED MUCH? Nix that puffy, painful belly for good.

## MEN, LOVE & FAMILY

**89** TELL THE TRUTH: How long did it take you to fall in love?

**90** LOVE BUZZ News flash: You're getting better at sex!

**92** VOWS 2.0 We promise...

**94** SEX CAN FIX IT! Read this and save your relationship.

**98** MANIFESTO Christopher Meloni, world's foxiest detective.

**100** IT'S COMPLICATED Karen Karbo on dealing with friend drama and family fights.

## ON THE COVER

Vacation giveaways **36**

31 amazing outfits **46**

Ways to beat belly bloat **84**

Get in a sexy mood **94**

Jenna Fischer **128**

Better sleep for life **138**

Why'd he do that? **150**

Flash dinners **159**

**29** All these sweet finds are under \$50.





# CONTENTS

MARCH 2011

**103** MOMCENTRIC Hold the phone—for your kids' sake!

**104** MY BIGGEST FAN *Grey's Anatomy's* Kim Raver is grilled by her son Luke, 8.

**106** STUFF MY KIDS TAUGHT ME One compliment changes everything for a mom.

## MAKE IT WORK

**109** IT'S 7 P.M. Time for date night. (No excuses!)

**110** SMART ABOUT MONEY Sanity-savers for the office.

**113** WE TRADED PLACES! How three couples got closer and happier by switching jobs.

**118** SEMI-ORGANIZED Get your messy pantry in order.

**121** BE PART OF THE SOLUTION Six ways *you* can help fix our public schools.

**125** NOW... RELAX Alec Baldwin on the Oscars, plus hilarious texting fouls.

## FEATURES

**128** OFFICE GOSSIP WITH JENNA FISCHER She's totally candid—and too cute!

**132** 6 DRESSES FOR THE NEXT 6 MONTHS Pretty styles worth shaving your legs for.

**138** END THE NO-SLEEP INSANITY Here's how to get z's so you can rise *and* shine.

**144** MOOD MAKEUP Look sexy, happy, fiesty—in minutes.

**150** THE MAN Q&A We get to the bottom of all those annoying things men do.

**154** DREAM ROOM The most gorgeous office *ever*.

## GOOD TO EAT

**159** WEEKNIGHT MEALS Sunday dinners that yield two nights of delicious dividends.

**166** LOOK, COOK, EAT! Unintimidating scallop dishes.



**159** Make this bird and you'll be lovin' the leftovers.

**168** RESTAURANT REDO Our take on Cinnabon's Caramel Pecanbon.

**170** 100% GOOD FOR YOU Awesome beets and yummy light beers (we... burp... swear!).

**172** WHAT I KNOW ABOUT FOOD Wolfgang Puck's secrets.

**12** EDITOR'S NOTEBOOK

**14** REDBOOK ONLINE

**20** REPLY ALL

**23** SPILL, VENT, GOSSIP, GO!

**29** 50 UNDER \$50

**36** FREEBIES!

**174** SHOP THE ISSUE

**176** EASY WAY OUT



40



63



60



Jenna Fischer photographed exclusively for REDBOOK by Matt Jones. Hair: Roque for Nexxus Salon Hair Care at traceymattingly.com. Makeup: Molly R. Stern for Dior Beauty at Starworksartists.com. Manicure: Debbie Leavitt for Cloutier Remix using Dior Beauty. Stylist: Elizabeth Stewart at The Magnet Agency. Dress: Dolce & Gabbana. Earrings: M.C.L. by Matthew Campbell Laurenza. Get Jenna's look with makeup by Clinique and hair care by Aveda. Makeup: Clinique Colour Surge Eye Shadow Duo in Double Date. Quickliner for Eyes in Slate. High Lengths Mascara in Black. Quick Blush in Hurry Honey. Stay-Matte Sheer Pressed Powder in Invisible Matte. Butter Shine Lipsticks in Ambrosia and Fresh Watermelon. Hair: Aveda Light Elements Texturizing Creme. Volumizing Tonic. Air Control Hair Spray.

CHICKEN: ELLEN SILVERMAN. COAT: BEN GOLDSTEIN/STUDIO D. LIPSTICK, PERFUME: GREG MARINO/STUDIO D.



A photograph of Ellen DeGeneres with short blonde hair, smiling and wearing a black blazer over a black top. She is leaning forward with her hands clasped. The background is a soft, light-colored gradient.

COVERGIRL®  
& OLAY®

Know what's missing in the leading department store anti-aging makeup?

The magic combo:  
COVERGIRL plus OLAY REGENERIST Serum!

## SIMPLY AGELESS FIRMING EFFECTS MAKEUP

Get the effect of firmer-looking skin by reducing the appearance of fine lines and wrinkles. It's amazing: The advanced formula with Olay Regenerist serum stays suspended over skin so the makeup won't glob up in lines and wrinkles like the leading department store makeup can. You look smoother,\* you look younger\* — and, you look happy — because you got all this for less!

Ellen DeGeneres looks simply amazing in Ivory. Tell us what makes you a COVERGIRL @ [facebook.com/covergirl](https://www.facebook.com/covergirl)

\*versus bare skin — easy breezy beautiful COVERGIRL





## 3 secrets of our March issue

**M**y 8-year-old daughter, Evie, has no trouble getting dressed in the morning. She just grabs a pair of jeans and a cherished relic known in our house as Favorite Shirt. This item has been washed so many times, it is nearly see-through. When it developed holes at the elbows, we simply cut off the arms (she actually loves Short-Sleeved Favorite Shirt even more). I let her wear it over and over because I can relate—you see, I myself have Favorite Dress. It's pretty and fits well and gets lots of compliments. Too bad the adult world won't let you show up in the same outfit every single day—how easy would that be?

REDBOOK's fashion director, Audrey Slater, never wears the same ensemble twice, but she understands people like me and Evie who wish that getting dressed could be simpler. So she gamely took on this challenge: Find out what most women have in their closets right now, then plan out a month of fresh, fun, pretty outfits using those pieces plus new stuff for spring that—even if you bought all of it—wouldn't run you a penny over \$200. I think she succeeded brilliantly! Turn to page 46 to find out what you should wear for the next 31 days. You won't believe all the chic ideas she has for the clothes already living in your closet—and that includes Favorite *Whatever*.

*Jill*

Jill Herzig, Editor-in-Chief  
Redbooked@hearst.com

### SECRET #1

The scarf makes the outfit

I asked REDBOOK's style guru, Audrey Slater, to give a master class in scarf-tying after she made one into a fab skirt, top, and belt for "31 Days of New Outfits!" (page 46). Catch the video version at [redbookmag.com/tieascarf](http://redbookmag.com/tieascarf).



Audrey in scarf look #462.

*So easy!*

### SECRET #2

EVEN GREAT COOKS USE SHORTCUTS

Here's what our food editor, Barbara Chernetz, relies on for our "Look, Cook, Eat!" column (page 166) and at home:

■ **Amore garlic paste** "One of my *ultimate* favorite convenience products. No more peeling and chopping cloves!"

■ **Jarred pasta sauce** "A good quality one, like Rao's marinara sauce, saves so much time on a weeknight."

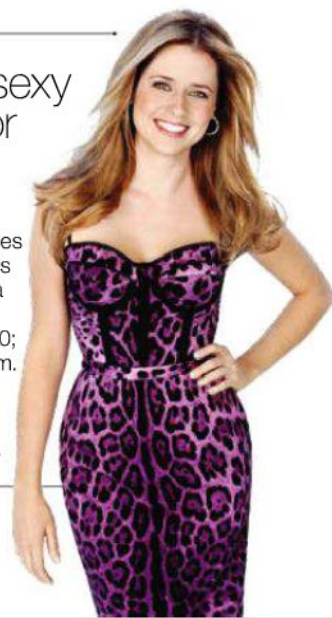
■ **Muir Glen fire-roasted diced tomatoes with chipotle peppers** "Amazing for anything from a quick salsa to a taco filling. The peppers add the perfect amount of kick."



Get this sexy dress for way less!

Our pick has the same flattering lines as Jenna Fischer's Dolce & Gabbana stunner. Dress, Stop Staring, \$170; [uniquevintage.com](http://uniquevintage.com).

*It's purrfect*



Cobie goofs off with makeup artist Kara Yoshimoto Bua (far left) and hairstylist Davy Newkirk.

### SECRET #3

Cobie's no mirror junkie

Lots of celebrities stop their photo shoots every so often (sometimes every five minutes) to check the monitor and see how they look. Not gorgeous Cobie Smulders, whom you know from *How I Met Your Mother*. She never checked once in seven hours of shooting "Mood Makeup" (page 144). We all need to take her brand of confidence vitamin.





*A moment when even years can't separate us.*

Celebrate the moments that connect you. Embrace them, hold them, share them.  
In charms, rings and bracelets as unique and genuine as the women who wear them.

Be inspired at [pandora.net](http://pandora.net)

U.S. Pat. No. 7,007,507 © All rights reserved.

**PANDORA™**  
UNFORGETTABLE MOMENTS

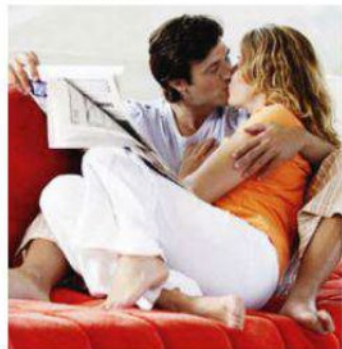


# redbookmag.com

MARCH'S CLICK LIST

## 28 little ways to get in the mood

● [redbookmag.com/hotsexideas](http://redbookmag.com/hotsexideas)



Don't just go through the motions when he's up for a romp and you're... not so much. It's way more fun if you're actually eager to pounce on him! Get in a sexy mind-set with our tips.

## Spring-clean in record time

● [redbookmag.com/springcleaning](http://redbookmag.com/springcleaning)



Raise your hand if this sounds appealing: working all week and then spending your weekend dusting and clearing clutter. *Blech*. Keep your place (and mind) in order with this superquick cleanup plan.

## Excuse me, do you have ID?

● [redbookmag.com/lookyoungernow](http://redbookmag.com/lookyoungernow)



You're gorgeous and you know it—but it'd be tempting to take a few years off your face, yes? Here, 43 easy ways to look younger that don't include being poked with needles or spending a bundle.

tweet!  
tweet!



Got any cleaning secrets? Share your best spruce-up time-savers with us and other REDBOOK readers at [twitter.com/redbookmag](https://twitter.com/redbookmag). We'll retweet our faves!



## REDBOOK'S HOT HUSBAND OF THE MONTH

**Name:** Diego Cisneros, 32, Miami

**Job:** Center manager of a commercial real estate company and junior college basketball coach

**Family:** Married three years; father to Diego, 19 months

"What time is it?" That was Diego's opening line to Angela when they met as undergrads in the library at Florida International University. ("It was the first time I had been there," jokes Angela, now 29.) They started dating, and a few years later Diego proposed at the Mayan ruins in Cancún, Mexico. "It was perfect. But he was even cuter at the wedding," she says. "When the minister said, 'You may kiss the bride,' Diego looked at the crowd and said, 'YES!' It was so funny." And Diego's not just good for laughs. "Our baby was premature, so we spent a lot of time at the hospital," Angela says. "Diego was my rock. He was always reassuring." Now that their son is in good health, Angela can't wait to plan more of the dates she and Diego love. "One of our favorite places is Universal Studios," she says. "And even though Diego hates heights, he'll ride the roller coasters with me. He's literally there for the ups and downs."

## GOT A MAN QUESTION?

Our Whys Guy columnist, Aaron Traister, is just *waiting* for your message to pop up in his inbox. (Okay, not really. He's a busy stay-at-home dad and husband. But he'll read your email, promise.) Send your why-does-my-guy-do-*that*? questions to him at [redbook@hearst.com](mailto:redbook@hearst.com) (subject: Whys Guy). He'll answer every Tuesday on his blog at [redbookmag.com/aaron](http://redbookmag.com/aaron). Meanwhile, read a big batch of his answers on page 150.

Want to see your guy in this spot? Tell us all about him at [redbookmag/hothusband](http://redbookmag/hothusband)—and enter to win our America's Hottest Husband contest.



DON'T JUST  
REPAIR  
YOUR HAIR.  
REPAIR IT  
*weightlessly.*

**NEW FULL REPAIR™**  
THE FIRST WEIGHTLESS  
SOLUTION FOR  
OVERWORKED HAIR.  
ONLY FROM JOHN FRIEDA®



With INCA INCHI MICRO OIL.

Your style is everything to you. But over-styling causes damage. And the products you use to treat the damage weigh hair down. Introducing Full Repair™: a complete hair repair line from John Frieda® with lightweight Inca Inchi oil that weightlessly repairs the look and feel of overworked hair - reviving your full-bodied style with natural movement.

**Full Repair™: The Cure for Overworked Hair.**





WATCH  
YOUR  
CURVES  
TAKE  
SHAPE.



Side Shaper Bra

Defines the bustline  
for a beautiful profile



Uplift Bra

Provides a smooth, sleek  
look and subtle lift  
without adding cleavage

**CURVATION**

curvation.com  
Available at Kmart

© 2011 Vanity Fair Inc.



This month's  
**STAFF CHALLENGE:**  
to get more sleep! The  
one-week plan on page 142  
helped us put an end to  
tired, grumpy mornings.

# REDBOOK

Editor-in-Chief Jill Herzig

**CREATIVE DIRECTOR** Holland Utley **EXECUTIVE EDITOR** Meredith Rollins

**MANAGING EDITOR** Kim Cheney

**DEPUTY EDITORS** Sunny Sea Gold, Jennifer Tung

**SPECIAL PROJECTS DIRECTOR** Lori Berger

**FASHION DIRECTOR** Audrey Slater

**BEAUTY DIRECTOR** Cheryl Kramer Kaye

**HEALTH DIRECTOR** Erin Hobday

**FOOD EDITOR** Barbara Chernetz

**ASSISTANT MANAGING EDITOR** Megan Collins

**SENIOR EDITORS** Tiffany Blackstone,

Holly Hays, Caitlin Moscatello

**BEAUTY EDITOR** Krista Bennett DeMaio

**FASHION EDITOR** Cristina Desposito

**ARTICLES EDITOR** Jihan Thompson

**ASSOCIATE EDITOR** Nicole Yorio

**ASSISTANT EDITOR** Brittany Burke

**FASHION ASSISTANT** Julia Malacoff

## Art

**ART DIRECTOR** Katharine Van Itallie

**DIGITAL IMAGING SPECIALIST** Ralph Ruggiero

**DEPUTY ART DIRECTOR** Ridge Carpenter

**ASSOCIATE ART DIRECTOR** Jarred Ford

## Photography

**PHOTO DIRECTOR** Bruce Perez

**PHOTO EDITOR** Rosaliz Jimenez

**ASSISTANT PHOTO EDITOR** Dori Klotzman

## Research & Copy

**SENIOR RESEARCH EDITOR** Lauren Oster

**COPY EDITOR** Laurel Leicht

## Online

**SENIOR WEB EDITOR** Valerie Denny

**WEB EDITOR** Briana Mowrey

**SOCIAL PROGRAMMING EDITOR** Marissa Gold

## CONTRIBUTING EDITORS

Alice Bradley, Alexis Givens (home),

Hilda Hutcherson, M.D., Karen Karbo, Beth Kobliner,

Lisa Lillien, Aaron Traister

Published by Hearst Communications, Inc., a unit of the Hearst Corporation

**VICE CHAIRMAN AND CHIEF EXECUTIVE OFFICER** Frank A. Bennack Jr.

**CHAIRMAN** George R. Hearst Jr.

## Hearst Magazines Division

**PRESIDENT** David Carey

**PRESIDENT, MARKETING AND PUBLISHING DIRECTOR** Michael Clinton

**EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER** John P. Loughlin

**EDITORIAL DIRECTOR** Ellen Levine

**PUBLISHING CONSULTANTS** Gilbert C. Maurer, Mark F. Miller

"Turning off  
my TV and  
computer  
one hour  
before bed  
was hard, but  
I discovered  
something  
amazing: I can  
read! Novels!  
And they're  
really great!"  
—MEREDITH

"I'm now setting  
my alarm for  
later and hitting  
snooze only  
once—and  
I have more  
energy. Before,  
I'd hit it  
four or five  
times before  
getting up."  
—JIHAN

"I kicked my  
cell phone  
out of my  
bedroom,  
and sleeping  
without the  
occasional  
buzzing on  
my bedside  
table felt more  
peaceful."  
—BRITTANY



# TEXAS

COLLECTION by OPI



LACQUERS FROM LEFT TO RIGHT,  
TOP TO BOTTOM:

Austin-tatious Turquoise  
Don't Mess with OPI  
It's Totally Fort Worth It  
I Vant to Be A-Lone Star  
Suzi Loves Cowboys  
San Tan-tonio  
Houston We Have A Purple  
Do You Think I'm Tex-y?  
Too Hot Pink to Hold 'Em  
Guy Meets Gal-veston  
Big Hair...Big Nails  
Y'all Come Back Ya Hear?

Model is wearing Y'all Come Back Ya Hear?  
Select shades available on  
Dell laptops at [dell.com/opi](http://dell.com/opi)

## O·P·I

Try it on at [opi.com](http://opi.com)

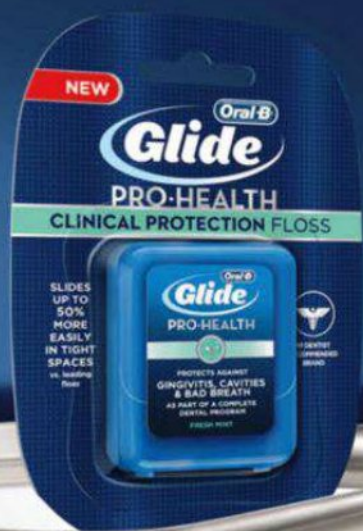
CONTAINS NO DBP, TOLUENE,  
OR FORMALDEHYDE

Available at Professional Salons,  
including select Beauty Brands, Chatters,  
Trade Secret, and ULTA locations.  
Call 800.341.9999 ©2011 OPI Products Inc.





**TWO  
WEEKS TO  
HEALTHIER  
GUMS.**



**Help reverse  
gingivitis in as little as  
two weeks.**

Simply use Oral-B Glide  
Pro-Health Clinical Protection  
Floss as part of your complete  
dental routine.

**Oral-B**  
**Glide**  
**PRO-HEALTH**

© Procter & Gamble, Inc., 2010



This month's  
**STAFF CHALLENGE:**  
to get more sleep! The  
one-week plan on page 142  
helped us put an end to  
tired, grumpy mornings.

# REDBOOK

**VP/Publisher, Chief Revenue Officer** Mary E. Morgan

**ASSOCIATE PUBLISHER** Chris McLoughlin

**GENERAL MANAGER** Elyssa H. Rubin

**VICE PRESIDENT, GROUP CONSUMER MARKETING DIRECTOR** Rick Day

**EXECUTIVE DIRECTOR, INTEGRATED MARKETING** Robyn Mait Levine

**ADVERTISING SERVICES MANAGER** Melissa Gart

## Advertising Sales

NEW YORK (300 W. 57th St., New York, NY 10019; 212-649-3330)

**NEW YORK DIRECTOR** Andrew Weicker

**SENIOR BEAUTY & CONSUMER PRODUCTS DIRECTOR** Katie Bohan

**ACCOUNT DIRECTORS** Jackie Bodner, Caroline Casey, Amy Smith

**DIRECTOR, DIRECT RESPONSE** Christine Hall

**SENIOR ACCOUNT MANAGER, DIRECT RESPONSE** Michael Rohr

**EXECUTIVE ASSISTANT** Kerianne Sullivan

**INTEGRATION ASSOCIATE** Chelsea Lajterman

**CBS SUPERVISOR** Ashley Packard

"The nap  
on day 7 of  
the sleep  
makeover  
was my  
favorite  
part—too bad  
I can't make  
that work  
during the  
week!"

—KERRIANNE

"I used  
to guzzle  
coffee, so  
I cut back  
on caffeine.  
I didn't  
wake up  
throughout  
the night  
nearly as  
often."

—CAROLINE

## Branch Offices

**MIDWEST DIRECTOR** Katie Demetriou

**MIDWEST ACCOUNT DIRECTORS** Jennifer Furibondo, Laura Serge

**INTEGRATION ASSOCIATE** Heather Muth

(1 S. Wacker Drive, Chicago, IL 60606; 312-984-5180)

**WESTERN DIRECTOR** Erika Muhlfeld

**INTEGRATION ASSOCIATE** Ashley Andrews

(3000 Ocean Park Blvd., Santa Monica, CA 90405; 310-664-2960)

**NORTHWEST REPRESENTATIVE** Courtney Roberts

(921 Butterfield Road, San Anselmo, CA 94960; 415-524-8665)

**DETROIT REPRESENTATIVES** Colleen Maiorana, Joan Cullen

(415 S. West St., Suite 350, Royal Oak, MI 48067; 248-546-2222)

**SOUTHEAST REPRESENTATIVE** Sarah Wiley

(3340 Peachtree Road, Tower 100, Suite 1550, Atlanta, GA 30326; 404-256-3800)

**SOUTHWEST REPRESENTATIVE** Lucinda Weikel

(4217 Camden Ave., Dallas, TX 75206; 214-824-9008)

"Shutting  
off all my  
electronics  
an hour  
before bed  
made it  
much easier  
for me to fall  
asleep, and  
I felt more  
rested  
all day."

—JENNIFER

## Creative Services

**CREATIVE SERVICES DIRECTOR** Alison Friedman

**CREATIVE DIRECTOR** Amy Dorf

**ASSOCIATE PROMOTION DIRECTOR** Lisa M. Iommarini

**ASSOCIATE MERCHANDISING DIRECTOR** Jane Winston

**SENIOR MARKETING MANAGER** Candie L. Patterson

**SENIOR PROMOTION MANAGER** Morgan Brooks

**INTEGRATION MANAGER** Joanne Ko

**INTEGRATION ASSOCIATE** Lauren Williams

## Production

**GROUP PRODUCTION DIRECTOR** Karen Otto

**GROUP PRODUCTION MANAGER** Chris Hertwig

**ASSOCIATE PRODUCTION MANAGER** Tina S. Wilkinson

## Research

**RESEARCH MANAGER** Tina Giberti

For customer service regarding your subscription—  
such as renewals, address changes, and account status—  
go to [service.redbookmag.com](http://service.redbookmag.com) or write to  
REDBOOK, P.O. Box 6000, Harlan, IA 51593.



# GIVE GINGIVITIS ITS FOUR WEEK NOTICE.



Introducing a toothpaste clinically proven to help reverse gingivitis in just four weeks, putting you on your way to a healthier mouth.



New Crest Pro-Health Clinical Gum Protection. Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. It protects these areas dentists check most: cavities, gingivitis, plaque, sensitivity, tartar, whitening, and fresh breath.







January's three cover stars: Bethenny Frankel, Alison Sweeney, and Padma Lakshmi.

## 100% HONEST ABOUT CANCER

Many of you were touched by Darci Picoult's piece about dealing with vulvar cancer. Darci is posting updates on her progress (she gets better every day!) at [redbookmag.com/cancertalk](http://redbookmag.com/cancertalk).

I want to commend you on "I Had the Cancer No One Talks About" [January]. A spinal hematoma left certain parts of my body numb with the possibility of never regaining feeling or sensation, and I completely related to the author's feeling of loss of femininity and womanhood. It's women like her, who open up so completely, that make us who we are: strong, supportive creatures. —KARA WAHN, Hamburg, AR

Thank you so much for "I Had the Cancer No One Talks About." Not too long ago, no one talked about breast cancer, but look how far we have come! It's always inspiring to read the story of a survivor, especially one who survived a cancer that many don't realize even exists. —STEPHANIE JACKSON, Phoenix

When I heard there was an article by a DES daughter in REDBOOK, I rushed out to get the issue. My mother

was prescribed the anti-miscarriage drug while pregnant with me, and your article touched on the issues of sexuality that millions of women like me have experienced in this country, cancer survivors or not. This is a drug tragedy that no one talks about, and I thank REDBOOK and Darci Picoult for talking publicly about it! —FRAN HOWELL, Jupiter, FL

After reading of the bond between Darci Picoult and her husband and daughters, I'm convinced that **despite her medical challenges, Darci is a lucky woman.**

—LISA GREENE BERNSTEIN, Hollywood, FL

## WHAT COMES AFTER AN AFFAIR

Fourteen months ago, I discovered that my husband was having an affair. It was the most gut-wrenching, heartbreaking, agonizing moment of my life. Since

then, as I've dealt with the heartache, fear, and fallout from his infidelity and as we've struggled to rebuild our marriage, I've discovered that I'm more courageous and resilient than I thought I was. What I am not is "fainthearted," and neither are any of the members of SurvivingInfidelity.com ["Inside the Infidelity Club," January], without whom I couldn't have survived this journey. —NAME AND LOCATION WITHHELD

## SIZE-12 SOUND OFF

In my January issue of REDBOOK, the second inside cover had the quote from Padma Lakshmi, "You can feel feminine and beautiful at size 2 or 12." Are you kidding me? As a size-12 woman, this is beyond insulting. It insinuates that happiness at size 12 is possible regardless of being fat. Of course I should feel good at my size! All size 12 of me just ran a half-marathon! —PAULA WOLFE, Evansville, IN

## SECRET LIVES OF MEN

I was quite disheartened by "The 7 Things I'm Not Telling My Wife" [January]. It appears that your columnist is condoning men having porn habits and flirting with other women. Marriage is a partnership and takes honesty, communication, and team effort, but this article implied that we need selfish secrets in order to find happiness and fulfillment. —BETHANY OSBORNE, Raleigh, NC

I really appreciated "The 7 Things I'm Not Telling My Wife." Clearly, Aaron Traister is a dedicated husband and family man, and hearing his confessions reminds all wives to back off and let our husbands have some privacy. —EMILY NAVETTA, Groton, MA

**Write to us!** At [redbook@hearst.com](mailto:redbook@hearst.com), or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.



The difference  
between tired skin



and rejuvenated skin.

**WAKE UP TO SMOOTHER-LOOKING SKIN.**

While you sleep is an ideal time to restore dry, tired skin. With antioxidant vitamins and pure evening primrose, Jergens® Overnight Repair lotion works with your body's natural healing process, replenishing your skin while you sleep.

**Jergens®. The Beautiful Difference.**





REVIVE LIPS WITH A MORE RAVISHING RED

*Clinically proven smoother, softer lips in just 5 days.\**

**COLORS**sensational<sup>®</sup>  
LIPCOLOR

OUR EXCLUSIVE FORMULA with nourishing honey nectar dramatically hydrates beyond perfection. Red has never been more irresistible, more luscious.

In 58 sensational shades,  
including 8 stunning reds.

maybelline.com

MAYBELLINE<sup>®</sup>  
NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE<sup>®</sup>

Kemp is wearing Color Sensational<sup>®</sup> Lipcolor in Red Revival. ©2011 Maybelline LLC. \*Based on a clinical study.



# SPILL VENT GOSSIP GO!

EVERYTHING  
YOU CAN'T STOP  
TALKING ABOUT  
RIGHT NOW



WHAT'S THE  
**GROSSEST**  
THING YOU'VE  
EVER DONE FOR  
YOUR KID?

"Cleaning up vomit is one of the worst mommy chores, but letting them use my shirt as a Kleenex is a close second."

—Jessica Burford, via Facebook

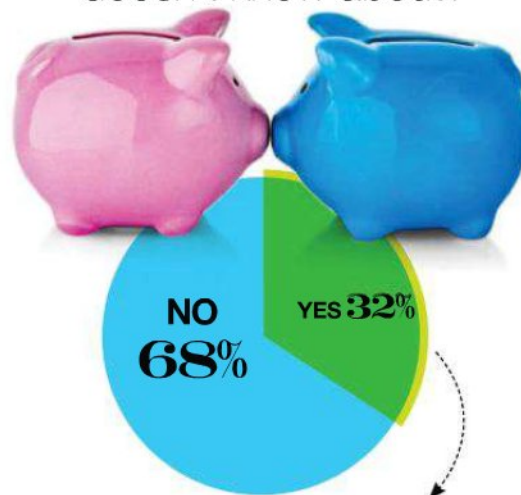
"Picking through the garbage for something they lost is horrible." —Mina Ricci-Lobardo, via Facebook

"When my baby's pacifier falls on the floor and there's no place to rinse it, I put it in my mouth and suck it clean. It's better than letting her scream!"

—Leslie Hebert, via Facebook

"Giving birth in and of itself was pretty gross!" —Rebecca Longwith, Bryson City, NC

**SECRET STASH**  
Do you have a bank account that your husband doesn't know about?



"It's my security blanket in case he leaves me... or I decide to leave him!" —A.J., Dallas



San Francisco recently banned Happy Meals— but they make 84 percent of REDBOOK readers

## HAPPY.

The other 16 percent of you had already banned them yourselves.

### BEST FACE FORWARD

WEARING MAKEUP ON WEEKEND DAYS:  
LOVE IT OR LEAVE IT?



Kim Kardashian with...



...and without her "face" on.





**TOO CLOSE FOR COMFORT**  
DO YOU **KISS**  
YOUR CHILDREN  
ON THE MOUTH?

**41%**

"Yes—but it's usually just a peck!"  
—Alesha Bivens, via Facebook

**59%**

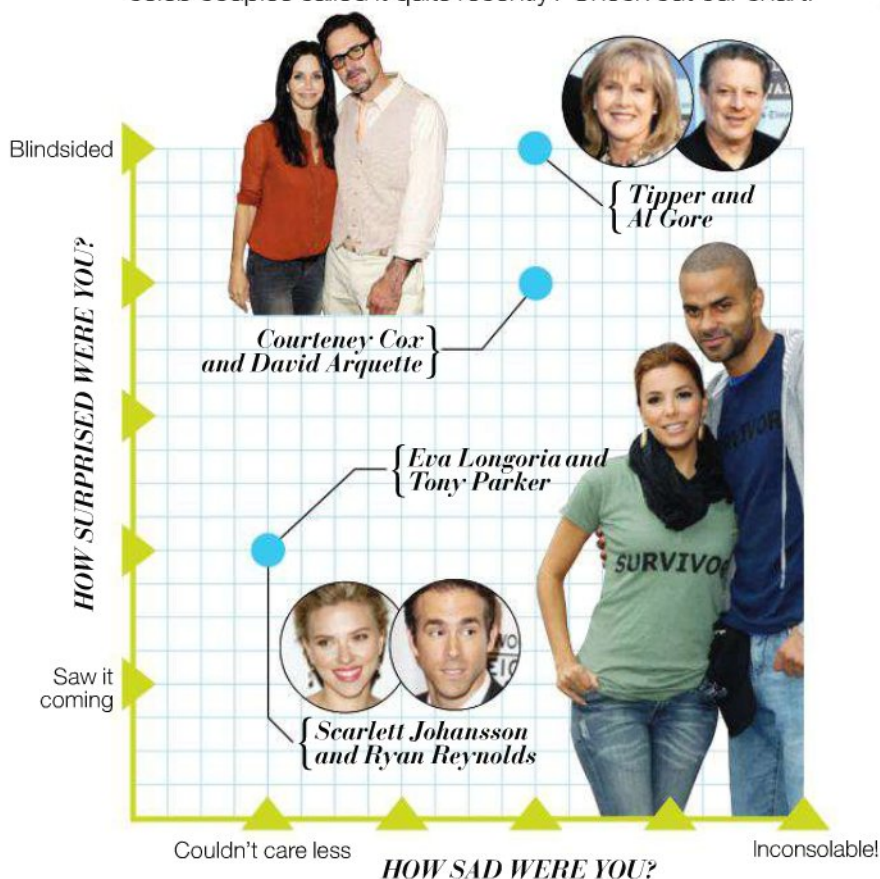
"No! Even when they were babies, it was always their cheeks or foreheads." —Misty Lawrence, via facebook



**MOTHER AND, GULP, SON**  
Model Stephanie Seymour and her 17-year-old son share a rather intimate moment on the beach in St. Barts.

## Celebrity bust-o-meter

How sad/shocked were REDBOOK readers when these celeb couples called it quits recently? Check out our chart.



## WOW, THAT WAS EMBARRASSING!

### BATHROOM BIND

"I was flying with my mother and went to the restroom before we boarded the plane, leaving her at the gate. Upon finishing my business, I realized that as I had unwrapped the toilet paper from the roll, the long strings of my sweatshirt had become entangled in the toilet paper holder. The more I tried to free myself, the tighter I was bound. With my head glued to the wall above the holder, I did what any 40-something would do—I yelled for my mom at the top of my lungs until she appeared. With the determination of a bull, my Southern belle mother hiked up her skirt and slid under the door on that grimy floor. She wrangled me free and said, 'Don't you ever do this again,' before we both laughed uncontrollably." —S.P., HOUSTON



### FREE SHOW

"After filming a video of my husband opening his birthday presents, I ran off to the bedroom to change clothes for the play his brother and sister-in-law were treating us to, taking the camera with me. Before we left for the theater, however, I insisted we check out the video I'd just taken. That's when I discovered that I'd left the camera filming when I set it on the bed while I changed, and pressed right up against the lens, covered only by my panties, was my derriere." —B.W., OCONTO, WI



### SUPERMOMMY?

"I'm a night nurse and a mother of five. After a shift, I came home exhausted—I'd had about three hours of sleep in a 40-hour period—and went through the motions of getting my kids ready for school. My middle son had a class trip that day, and when he came home, he said he'd a blast at the museum and that everyone loved his clothes. I didn't think about it until he removed his coat to reveal his Superman pajamas! The footed kind, with the cape and all."

—D.C., NAUGATUCK, CT



SEYMOUR: INFOPHOTO.COM; TOILET PAPER: STOCKBYTE/GETTY IMAGES; CAMERA: ISTOCKPHOTO.COM; BUTT: ROBIN LYNN GIBSON/GETTY IMAGES; SUPERMAN: AGE STOCK LIMITED/ALAMY; COX AND ARQUETTE, GORES, JOHANSSON: WIREIMAGE/GETTY IMAGES; REYNOLDS: GETTY IMAGES; LONGORIA AND PARKER: FILMMAGIC/GETTY IMAGES.





Sally Hansen®

NEW!

Expect  
A Miracle

**nailgrowth  
Miracle®**  
NAIL COLOR

Sally knows miracles do happen thanks to a scientific breakthrough utilizing Advanced Peptide Technology. **Nails grow 30% longer in just 5 days.\*** This exclusive nail color Peptide formula with Keratin, Biotin and Multi-Vitamins, reinforces nails to resist splitting, cracking and breaking.

Lasts up to 10 days\*\* ✓

24 must-have shades ✓

For greater results use with ✓  
Nailgrowth Miracle Serum

Beauty that Works



\*Based on a fixed point nail measurement in 5 days.

\*\*Based on consumer study of gloss and color intensity

DBP, Toluene and Formaldehyde Free





**DID YOU LIVE WITH YOUR GUY BEFORE YOU MARRIED HIM?**

53 percent of you said...

**YES**

"You bet! You have to try it on before you buy!"  
—KAYLA DIX, WEATHERFORD, TX

But 47 percent of you waited. "I guess you could call us old-fashioned, but it's been 10 years, so it worked out well for us!" —KAREN GODBEY, ARNOLD, MO

**BLOGGER SOUND-OFF**

**10 THINGS NEVER TO SAY TO...  
A STAY-AT-HOME MOM**

1. *When the kids are older, do you think you'll get a real job?*
2. *How June Cleaver of you!*
3. *Oh, so you don't work?*
4. *Since you have extra time on your hands, could you whip up a few dozen brownies for the bake sale tomorrow?*
5. *All day with your kids? I can't even imagine.*
6. *I'm jealous. I wish my husband were rich so I wouldn't have to work either.*
7. *What do you do all day, anyway?*
8. *I'm sure you're not the only one who's ever wasted money on a college degree.*
9. *That explains why your son is so clingy!*
10. *Weird. I assumed your house would be superclean.*

—CANDY KIRBY OF THELAUGHINGSTORK.COM, WITH HELP FROM TWITTER FOLLOWERS AND FRIENDS

**BLOGGER SOUND-OFF**

**10 THINGS NEVER TO SAY TO...  
A WORKING MOM**

1. *It must be hard missing all those special moments every day.*
2. *I suppose it's smart that you're working. You know, in case your husband leaves you some day.*
3. *I'm surprised you went back to work. Your husband seems so successful.*
4. *It's cute when they call your nanny "Mama."*
5. *I just love my kids too much to leave them during the day.*
6. *Did you see Dateline? The one with the hidden camera in the day care?*
7. *I could never let someone else raise my children. But that's just me!*
8. *I hated my mom because she was never home after school like everyone else's mom.*
9. *You must feel so guilty.*
10. *I wish I were as laid-back as you and could just let the housework go.*

—LIZ GUMBINNER OF MOM-101.COM, WITH HELP FROM HER BLOG READERS

**LESSER OF TWO EVILS?**

Would you rather be stranded on a desert island with your **mother** or your **mother-in-law**?



In *Little Fockers*, Barbra Streisand is the ultimate kooky MIL, while Blythe Danner plays Teri Polo's ever-so-lovely mother.



# REMBRANDT®

Noticeable whitening  
in just 2 hours.

Proven results.



Use only as directed.



Results May Vary.

Go to [www.rembrandtoffer.com](http://www.rembrandtoffer.com)  
to save up to \$8 and see the  
difference for yourself!

\*among non-UV whitening systems  
© McNEIL-PPC, Inc. 2011

## Nothing Gets Your Teeth White Faster\*



SHIFT the way you move



## INNOVATION FOR FAMILY

The All-New Nissan **QUEST**®

One-touch entry,<sup>1</sup> fold-flat seats with permanent storage and even an air scrubber.<sup>2</sup>

Nissan QUEST. Innovation for all.

NissanUSA.com



<sup>1</sup>Available feature. <sup>2</sup>Available feature. The Advanced Climate Control System with Plasmacluster® air purifier helps scrub the air in Quest's interior. The system senses and suppresses unpleasant interior odors, stops the inflow of external odors and helps keep the cabin smelling fresh, but does not always eliminate odors. Always wear your seat belt, and please don't drink and drive. ©2011 Nissan North America, Inc.





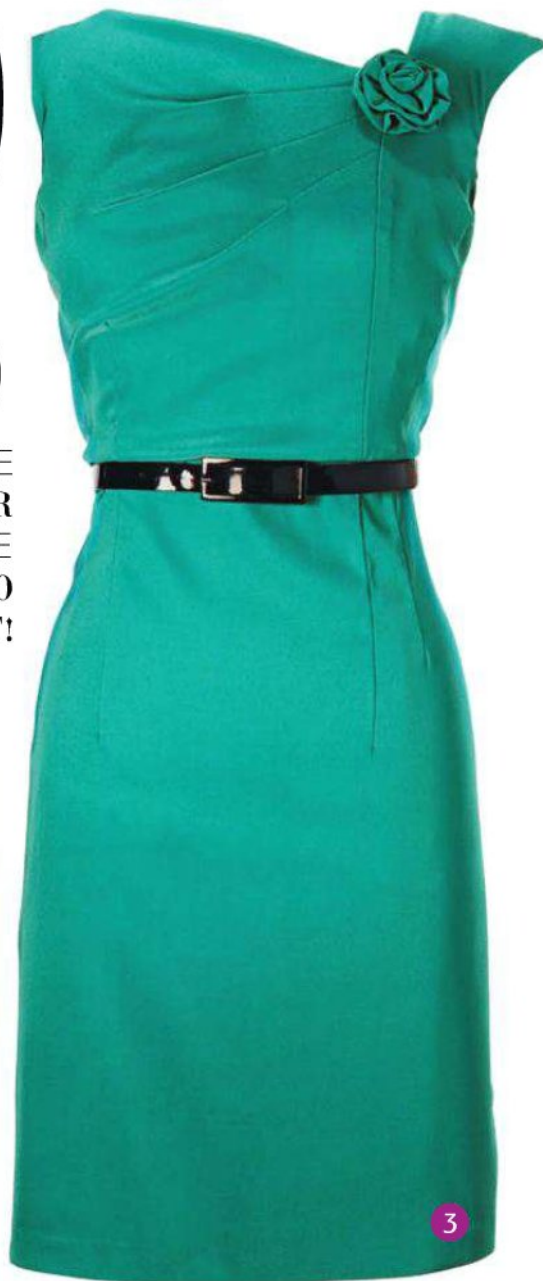
Set of bowls,  
\$33



# 50

## UNDER \$50

SPLASH OUT ON THESE CUTE  
PIECES (INCLUDING 20 UNDER  
\$20) AND YOU'LL STILL HAVE  
MUCHO TAX-REFUND DINERO  
LEFT. NOW THAT'S SMART!



1 These stackable bowls make a floral centerpiece even a black thumb can't kill—and are gorgeous filled with chips and dip, too. Floral nesting bowls, \$33; spoonsisters.com. 2 Digital schmigital: This 35mm throwback will look way cooler around your neck. Holga 35mm color camera, \$48; urbanoutfitters.com. 3 Wedding season hath arrived, and so has your go-to dress for all those showers/brunches/receptions... or anytime you just want to knock their socks off. Bewitched Belted dress, \$39.99; dressbarn.com. 4 What every wonder woman needs: A whopping, glamorous cuff. Ocean cuff, \$49; allisondaniel designs.com. 5 Lost your favorite sunnies (again!)? Meet their low-key, highly chic replacement. Dana Buchman sunglasses, \$34; Kohl's stores, kohls.com.



50  
UNDER \$50



Get 14K  
nails  
for \$8!



## WARNING: THESE SUPER-DUPER STEALS MAY MAKE YOU

6 Keep the troops in line—and draw attention to your cute waist—with this military-ish jacket. Mark In The Trenches jacket, \$40; meet mark.com. 7 If you want a natural flush (and you don't have time for *you know what*), this'll do the trick. Anastasia Beverly Hills Highlighting Crème Duo in Aspen, \$35; sephora.com. 8 Wearing this is the style version of "communing with nature." Arwen ring, \$30; trystbykerry.com. 9 An electric blue outfit-maker—just tuck in the chain strap to go clutch. Metro bag, \$45; chicos.com. 10 It's like a swanky South Beach hotel for your fish! Fish hotel, \$32; sfmoma.stores.yahoo.net. 11 The classic moc, warmed up in red; you'll seriously have to tear these off our feet. Minnetonka Moccasin Kilty Moc, \$38.95; moccasinhouse.com. 12 A birdie told us you'd love these wall hooks. Sparrow hook set, \$20; fredflare.com. 13 A fun new polish color, but so much more work-appropriate than, say, neon pink. Borghese Rapido Fast Dry Nail Lacquer in Lira, \$8; ulta.com.

FISH HOTEL: COURTESY OF MANUFACTURER.





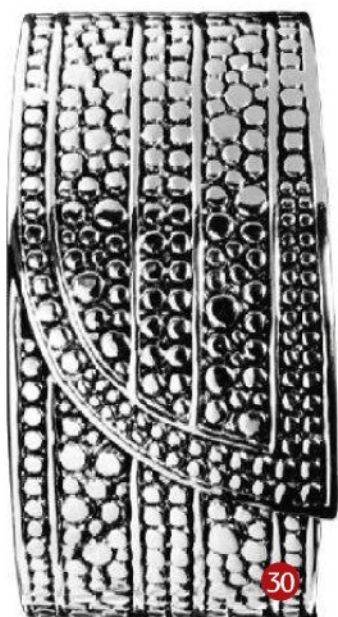
SWOON. SO LET'S ALL TAKE A NICE, **DEEP BREATH...**

**14** As if you needed another reason to love Tarzhay: This is a reissue of one of their most coveted designer dresses. Target GO International Designer Collective Rodarte for Target dress, \$39.99; [target.com](http://target.com). **15** Rose gold is everywhere now—including your chic little wrist with this. Rose gold watch, \$30; [shockboutique.com](http://shockboutique.com). **16** A breath of fresh Mediterranean air for your home. Antica Farmacista Home Fragrance in Acqua, \$25; [anticafarmacista.com](http://anticafarmacista.com). **17** Sloppy ponytail, meet your style savior. Goody Modern Organica Metallic Bloom Ponytailer, \$4.79; Target. **18** Instant bedroom makeover: Click on this light and get a pretty pattern on your wall. Short Aglow Cut Out Lantern, \$49; [pbteen.com](http://pbteen.com). **19** Twinkle-toed flats special enough for a fancy night out. Michael Antonio Patrice flats, \$48; [endless.com](http://endless.com). **20** This makeup set comes in an adorable travel pouch, but please enjoy the gorgeousness on your home turf too. Cargo Safari Collection, \$34; Beauty 360. **21** Full-on Sinatra-style cool, in the form of a blue fedora. Straw fedora hat, \$14.99; [payless.com](http://payless.com).

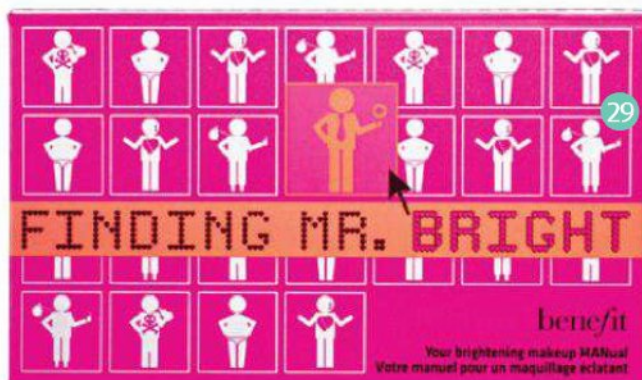


**50**  
**UNDER \$50**

*Sweet and under \$25!*



AT THESE **LOW PRICES**, YOU HAVE A LICENSE TO **SHOP**.



- 22 Yes, you will hear "foxy mama" remarks while wearing this floaty top. And yes, they will be accurate. Ditsy top, \$24.50; charlotterusse.com.  
 23 Scoring these luxe shoes for a song belongs on your best-shopping-moments-ever list. Christian Siriano for Payless wedges, \$49.99; payless.com.  
 24 Stuff this not-a-piggy bank with all the money REDBOOK helps you save! Elephant bank, \$12; urbanoutfitters.com.  
 25 Heiress-look earrings at a girl-next-door price. Indulgence earrings, \$45.50; martinewester.com.  
 26 Truly like a spa facial in a bottle. Sue Devitt Microquatic Oxygen Infusion Masque, \$40; ulta.com.  
 27 A cute chopper well worth the counter real estate. Cuisinart Mini-Prep Plus food processor, \$39.95; surlatable.com.  
 28 Always ready for a good party—like you! Pebble clutch, \$48; kcmalhanhandbag.com.  
 29 Defibrillate lifeless skin with this makeup kit full of brighteners and camouflagers. Benefit Finding Mr. Bright, \$36; sephora.com.  
 30 The perfect chunky cuff to elevate a T-shirt and jeans. Erica Lyons cuff, \$40; Bon-Ton.





*Coldwater Creek*



20  
UNDER \$20

ALL THIS FABULOSITY ON ONE PAGE WOULD BE



- 31 Apple-green lace place mats for your retro-chic house. Doily place mat, \$3; [urbanoutfitters.com](http://urbanoutfitters.com). 32 Anti-static bamboo smooths out all those little fuzzy pieces. Olivia Garden Healthy Hair Comb, \$4.95; [oliviagarden.com](http://oliviagarden.com). 33 You'll never lose these bright knives in the utensil drawer. OXO four-piece paring knife set, \$19.99; [oxo.com](http://oxo.com). 34 A scarf to help you have a Zsa Zsa moment. Scarf, \$16; [shockboutique.com](http://shockboutique.com). 35 The key to upgrading your next wine tasting: this fancy opener (it pulls apart to reveal a corkscrew!). Key wine bottle opener, \$12; [restorationhardware.com](http://restorationhardware.com). 36 Possibly the girliest sneakers ever. Francey sneakers, \$19.99; [callitsspring.com](http://callitsspring.com). 37 A vanity's worth of beauty tools in one trim little case. Ecotools by Alicia Silverstone six-piece brush set and bag, \$14.99, Walmart. 38 Scrub your way to short-sleeve-worthy elbows. Shea Moisture organic red bush and sage scrub, \$9.99; [sheamoisture.com](http://sheamoisture.com). 39 A gorgeous reason to rekindle your romance with snail mail. Floral monogram cards, \$18 for 8; [riflepaperco.com](http://riflepaperco.com). 40 Go sexily bare in this glimmery nude lip shade. Tarina Tarantino Sparklicity Gloss in Nouveau Nude, \$14; [sephora.com](http://sephora.com).



TORTURE—/F IT WEREN'T ALL SO **WONDERFULLY** CHEAP.



PLACE MAT, KNIVES, JOURNAL, FRAME:  
COURTESY OF MANUFACTURERS.

41 Gleam on, pretty lady, with this glam highlighter. Lorac 3D Liquid Lustre, \$16; loracosmetics.com. 42 ...*(crickets)*... Sorry, we were mesmerized by this dazzling ring and its great price. Marilyn cocktail ring, \$14; fredflare.com. 43 Record snippets of mom wisdom to pass on when your daughter has kids. *Mom's One Line a Day*, \$16.95; chroniclebooks.com. 44 See the world through plum-colored glasses. Foster Grant Kim sunglasses, \$14.99; Walgreens. 45 The techie-meets-treehugger in your life will love this recycled frame. TerraCycle Circuit Board picture frame, \$12.99; terracycleshop.com. 46 Lather up and exfoliate (with peppy poppy seeds) at the same time. Whole Truth bath bar in Yellow Brick Road, \$6.50; wholetruthsolutions.com. 47 Perfect for handling your pans *and* chasing your kids around croaking "Grabbit! Grabbit!" Frog Hothead oven mitt, \$14; mcachicagostore.org. 48 Hey, iPhone addicts, these'll make your fridge look like a big one! App magnets, \$12.99; thinkgeek.com. 49 A kiss of color and moisture. Burt's Bees tinted lip balm in Pink Blossom, \$6.99; burtsbees.com. 50 Go-with-everything flats made even cooler with fun cutouts. Leatherette flats, \$16.80; forever21.com.



# FREEBIES!



**5 free  
getaways!**  
Plus the  
chance  
to win  
**\$250,000**  
(SEE DETAILS  
BELOW)

## ALL-INCLUSIVE MEXICAN ESCAPE

1 reader will win a 4-day, 3-night trip for 2 to the Villa La Estancia in Nuevo Vallarta, Mexico. Includes all meals, unlimited cocktails (wow!), 2 spa treatments, round-trip airfare, and more. Approximate retail value, \$3,000.

You deserve a vacation—so take one on us! Choose from these **5 incredible free trips** and enter to win at [redbookmag.com/freebies](http://redbookmag.com/freebies).



## LIVE-IT-UP TRIP TO LAS VEGAS

1 reader will win a 5-day, 4-night trip for 2 to the Signature at MGM Grand in Las Vegas, plus \$100 for dinner at the award-winning Joël Robuchon restaurant, \$100 to spend at the spa, and \$600 in airfare vouchers. Approximate retail value, \$1,700.



## A V.I.P. PASS TO NYC

1 reader will win a 3-day, 2-night trip for 2 to New York City, including lodging at the 4-star Flatotel, dinner at the Italian eatery Moda, 2 V.I.P. tickets to *Love, Loss, and What I Wore* (a new play by Nora Ephron), and \$400 in airline vouchers. Approximate retail value, \$1,500.



## KICK BACK ON THE BEACH

1 reader will win a 4-day, 3-night trip for 2 to the Westin Beach Resort & Spa in Fort Lauderdale, FL, including dinner at Shula's on the Beach, a duo spa treatment at the Heavenly Spa by Westin, and round-trip airfare courtesy of JetBlue. Approximate retail value, \$2,000.



## THE PERFECT SKI WEEKEND

1 reader will win a 3-day, 2-night trip for 2 to El Monte Sagrado Living Resort and Spa in Taos, NM, a treatment for 2 at the Living Spa, and dinner at De La Tierra—plus \$600 in airfare vouchers. Approximate retail value, \$2,000.

Even better: You could win \$250,000 in cold, hard cash! For your chance, enter at [win250k.redbookmag.com](http://win250k.redbookmag.com). See page 175 for details.

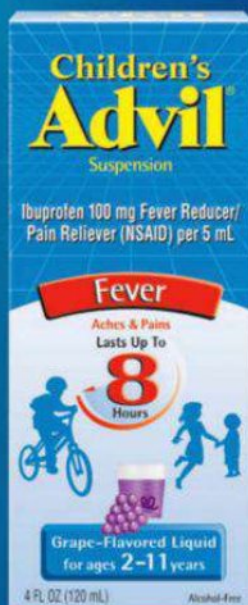


# Fact:



## **Children's Advil® brings fever down faster than Children's Tylenol.®**

**Children's Advil also keeps your child's fever down longer.  
Nothing is proven better on fever. Not even Children's Motrin.®  
Look for Children's Advil in the cough/cold aisle today.**



## **Relief You Can Trust**

Among OTC pain relievers. Brands are trademarks of their respective owner. Based on reducing fever below 100°F.



Slip on stilettos.  
Rock your  
skinniest jeans.  
Wear your  
favorite undies  
during your period.



**Great protection from Kotex® makes it a snap.**

With a full line of products, including tampons, pads and liners, we've got you covered. [Learn more at kotex.com.](http://kotex.com)



# WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

Why you'll love the **new-style** trench:

- 1** The latest ones make a classic, trend-proof shape all cute and modern (thanks to interesting fabrics and pretty details).
- 2** With a waist-cinching belt, they're the Miracle Bra of coats: curves guaranteed.
- 3** You actually could get dressed in the dark, then throw on one of these and *still* be chic.
- 4** Divide the price by 10,000 (roughly the number of times you'll wear it). See? Practically free!

◀ Trench, White House Black Market, \$188; [whbm.com](http://whbm.com). Earrings, Lia Sophia, \$98; [liasophia.com](http://liasophia.com). Shirt, Lauren by Ralph Lauren, \$60; [ralphlauren.com](http://ralphlauren.com). Ring, Alexis Bittar, \$195; [alexisbittar.com](http://alexisbittar.com). Watch, Seiko, \$125; [amazon.com](http://amazon.com). Bag, Isabella Fiore, \$475; Encore, Malibu, CA, 310-456-7292. Jeans, Hudson, \$189; Nordstrom. Boots, Geox, \$200; [geox.com](http://geox.com).

## TREND WITH BENEFITS

# The fun trench coat



# TREND WITH BENEFITS

SO MUCH MORE THAN A RAINCOAT, RIGHT?

## Try it: THE TRENCH DRESS

Wear nothing under  
your trench coat!  
Seriously—all you need  
is undies (and a tee  
while it's nippy) with  
these cool little dresses.



Boden Limited Edition, \$228;  
bodenusa.com.



Nautica, \$119;  
nautica.com.



Dana Buchman, \$76; kohls.com.



H&M, \$49.95; hm.com  
for store locations.



BB Dakota, \$105;  
shopbop.com.



DKNY Jeans, \$118;  
Macy's, zappos.com.



J. McLaughlin, \$245;  
jmclaughlin.com.



Elle, \$78; kohls.com.



Forever 21, \$27.80;  
forever21.com.



Callula Lillibelle, \$449;  
giaventola.com.

Hilary Swank  
takes a  
trench out  
on the town.







Do you see you?

Or do you see Rosacea?

Ask your doctor about  
prescription Oracea® (OR-AY-SHA)

When it comes to Rosacea, there's more than meets the eye. It's a chronic condition and it can get worse over time. But there are treatments – medical options, like prescription Oracea® (doxycycline, USP).

Oracea® works from the inside to target inflammation and treat the red bumps and blemishes of Rosacea. And unlike some treatments, Oracea® hasn't been shown to cause bacterial resistance.

Instead of looking unhappily at your skin, look to your doctor. Find out more about Oracea® and see how it can make a difference for you.

**Important Safety Information**

Oracea® is indicated only for the treatment of inflammatory lesions (papules and pustules) of Rosacea in adult patients. You may experience

intestinal upsets, sore throat or sinus infections/sinusitis when taking Oracea®. Do not take Oracea® if you are allergic to tetracyclines. Do not take Oracea® if you are pregnant or breastfeeding. Stay out of direct or artificial sunlight. Tell your doctor if you have stomach or GI problems, kidney disease, take blood thinners, oral contraceptives, or medicine to treat acne, psoriasis or seizures.

Oracea® does not treat bacterial infections and should be used only as prescribed by your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

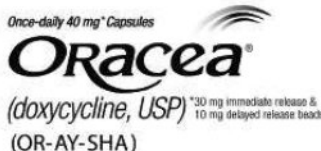
Learn more at [Oracea.com](http://Oracea.com)  
or call 888-ORA-CEA1

Once-daily 40 mg\* Capsules

**Oracea®**

(doxycycline, USP) \*30 mg immediate release &  
10 mg delayed release beads  
(OR-AY-SHA)





## Brief Summary of Full Prescribing Information

### INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

### CLINICAL PHARMACOLOGY

#### Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

#### CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

#### WARNINGS

**Teratogenic effects:** 1) Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.

ORACEA should not be used during pregnancy (see **PRECAUTIONS: Pregnancy**).

2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown). This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. **Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.**

3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see **PRECAUTIONS: Pregnancy** section).

**Gastrointestinal effects:** Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis."

If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis.

**Metabolic effects:** The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

**Photosensitivity:** Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

#### PRECAUTIONS

**General:** Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible microorganisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis.

ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth. Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

**Autoimmune Syndromes:** Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

**Tissue Hyperpigmentation:** Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas other pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

**Pseudotumor cerebri:** Bulging fontanelles in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

**Laboratory Tests:** Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

**Drug Interactions:** 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

### MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see **DOSAGE AND ADMINISTRATION**) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

**Carcinogenesis, Mutagenesis, Impairment of Fertility:** Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors). Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre-and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

**Pregnancy: Teratogenic Effects:** Pregnancy Category D. (see **WARNINGS** section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

**Nonteratogenic effects:** (see **WARNINGS** section).

**Labor and Delivery:** The effect of tetracyclines on labor and delivery is unknown.

**Nursing Mothers:** Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see **WARNINGS** section).

**Pediatric Use:** ORACEA should not be used in infants and children less than 8 years of age (see **WARNINGS** section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

### ADVERSE REACTIONS

**Adverse Reactions in Clinical Trials of ORACEA:** In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)		
	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Pain Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

**Adverse Reactions for Tetracyclines:** The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see **DOSAGE AND ADMINISTRATION** section). Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see **WARNINGS** section).

**Renal toxicity:** Rise in BUN has been reported and is apparently dose-related. (see **WARNINGS** section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

#### OVERDOSAGE:

In case of overdose, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

#### DOSAGE AND ADMINISTRATION

**THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.**

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see **ADVERSE REACTIONS** section).

#### HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

**Storage:** All products are to be stored at controlled room temperatures of 15°C - 30°C (59°F - 86°F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

Marketed by:  
GALDERMA LABORATORIES, L.P.  
Fort Worth, Texas 76177 USA  
Galderma is a registered trademark.  
20050-0908 Revised: September 2008

Manufactured by:  
Catalent Pharma Solutions, LLC  
Winchester, Kentucky 40391 USA  
[www.oracea.com](http://www.oracea.com)

**GALDERMA**  
Committed to the future  
of dermatology



## Your getting-dressed checklist



Lela lives in "feminine but modern" looks.

**Lela Rose** bikes to the office, works, and does her mom thing in the same chic outfit. Here's how.



She loves classics with a twist: Cardigan, Adrienne Vittadini Collection, \$168; Bloomingdales, Boca Raton, FL, 561-394-2000. T-shirt, J.Crew, \$29.50; jcrew.com. Skirt, Lela Rose, \$595; Gordon Stuart, Oklahoma City, 405-843-6500. A less pricey option (right): Skirt, Simply Vera Vera Wang, \$48; kohls.com.



Sure, designer Lela Rose *could* make more wardrobe changes than an awards-show host. But as any half-crazed working mom knows, there's always something more important to do. So she goes for pieces that are luxe but can also stand up to anything her day throws at her. The three key things she always has to have:

- **A versatile basic.** "I live in cardigans. They make an offbeat skirt and a gray tee look put-together for meetings, and they're great on weekends with jeans and flats."
- **Something posh.** "Pieces that are comfortable and have lots of texture or are in a rich color feel luxurious but are casual enough to wear every day."
- **A playful, special piece.** "If you splurge, do it on an item that's fun, because you'll feel good whenever you

put it on. My mom gave me a pair of Comme des Garçons pants that are wild but always make me feel festive. And every woman should have a great not-black dress she can pull out for special occasions."

- ▶ Check out her crazy bike! And her awesome heels! Wedges, Lela Rose for Payless, \$49.99; payless.com.



Lela's fave satin-bead necklace (right) and a cute look-alike (above): Lela Rose, \$295; Neapolitan, Winnetka, IL, 847-441-7784. Ben-Amun by Isaac Manevitz, \$80; ben-amun.com.

Lela never leaves home without... her silver pill box ("a gift from my husband, so I don't seem like a pill popper pulling out all my bottles of headache medicine"), lip gloss, ChapStick, hair bands, and hair-shine sheets that "make dirty hair look better." Plus a dog leash, and homemade biscotti for when "I need a little sugar." Stila Cherry Crush Lip & Cheek Stain, \$24; stilacosmetics.com. ChapStick Classics in Cherry, \$1.99; chapstick.com. Ted Gibson Hair Sheet, \$14.99 for 10; tedgibsonbeauty.com. Leash, Wagwear, \$26 (with collar); wagwear.com.

### BAG X-RAY

Hers is full of stylish fix-its. Way to be prepared!





# REVEAL YOUR Radiant COLOR

Who doesn't love the look of just-colored hair? What's not so pretty is when washing sends that radiant color down the drain—right along with your time and money! With Pantene Pro-V Color Hair Solutions, you have options that improve the health of your hair\* to help the color you love last! **Satisfaction guaranteed, or get twice your money back.\*\***

What's even better? Pantene's scientists have created three collections so you get the end results you desire.

**FIND THE PANTENE COLOR COLLECTION THAT'S RIGHT FOR YOU...**

## 1 PANTENE COLOR PRESERVE SHINE

Color-treated hair lacks a protective outer layer, leaving it dull, rough, and susceptible to fading. Pantene Color Preserve Shine Shampoo and Conditioner collection helps restore brilliance and multi-dimensional shine to color-treated tresses while protecting against damage.



## 2 PANTENE COLOR PRESERVE SMOOTH

The chemicals used during coloring can ruffle the hair's delicate cuticle. The Pantene Color Preserve Smooth collection uses intense moisturizers to repair this damaged surface. This leaves you with locks that are smooth and shiny.



## 3 PANTENE COLOR PRESERVE VOLUME

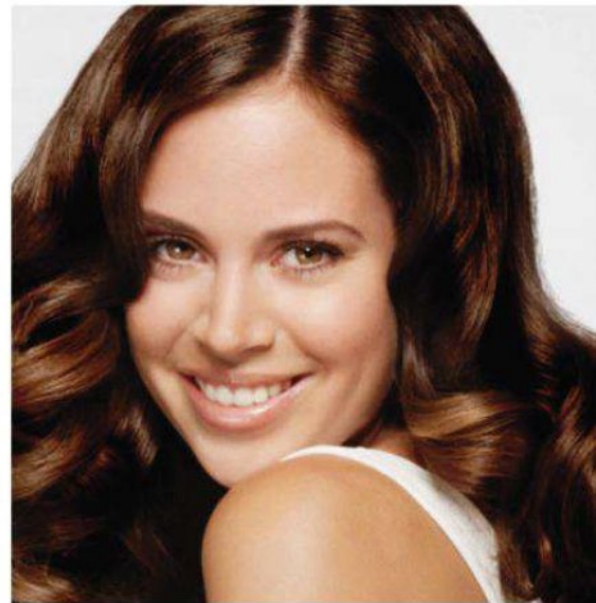
Want full, bouncy hair? Pantene Color Preserve Volume cleansing and conditioning system contains lightweight moisturizers that nourish and protect hair, and leave you with shiny, healthy-looking hair that's full and voluminous.



*Calling All Curly Girls*  
Pantene's got products just for you too. Pantene Pro-V Curly Hair Series gives you options to define or straighten your curls for looks that last all day.

\*vs. non-conditioning shampoo.

\*\*Satisfaction Guaranteed. To receive your refund, call 1-800-522-2106. Requirement includes sending original dated cash receipt with purchase price circled. Limit 1 refund opportunity per name, household or address. Offer void in Maine. Offer valid until June 30, 2011.



“GIVE YOUR COLOR-TREATED TRESSES SOME EXTRA CARE. A WEEKLY DEEP-CONDITIONING TREATMENT IS A MUST FOR COLORED AND HIGHLIGHTED HAIR. PANTENE PRO-V COLOR HAIR SOLUTIONS COLOR NOURISHING TREATMENT INFUSES HAIR WITH MOISTURE FOR ENHANCED COLOR.”

—DANILO  
Pantene Celebrity Stylist



Pantene has you covered. Discover the right products for your unique hair type at [pantene.com/productfinder](http://pantene.com/productfinder).



There's more than one way  
to protect your color. Literally.

**TRY Pantene. Color Preserve Shine collection.\*** You invested a lot in your hair color. So Pantene gives you dual protection. Our custom-designed pro-vitamin system helps in 2 ways—preventing fade and protecting from damage. For shining color that's beautiful in a million ways.

\*Color Preserve Shine Shampoo & Conditioner and Color Nourishing Treatment.

**PANTENE**   
HEALTHY MAKES IT HAPPEN

Find your solutions at [pantene.com](http://pantene.com)





# 31 days of new outfits!

Desperately seeking a spring style upgrade for not much scratch? You got it! then we added 8 of this season's best buys to bring it all up to date. The result:

## *Here's what you already own*

REDBOOK and Yahoo! surveyed American women and found that more than 50 percent of you smart cookies have these 13 basics. Missing one? We suggest these...



**LITTLE BLACK DRESS**  
Boden, \$188;  
bodenusa.com.



**PRINT SUNDRESS**  
Old Navy, \$29.50;  
oldnavy.com.



**WHITE TANK**  
Hanes, \$10 for 3; Kmart.



**BUTTON-DOWN SHIRT**  
J.Crew, \$58; jcrew.com.



**BRIGHT T-SHIRT**  
Loft, \$19.50; loft.com.



**SOLID-COLOR CARDIGAN**  
Lands' End, \$60; landsend.com.



**JEANS**  
Levi's Curve ID, \$70;  
levi.com.



**KHAKI PANTS**  
Gap, \$49.50;  
gap.com.



**BLACK PANTS**  
Magaschoni, \$298;  
K Renee, Des Moines, IA,  
515-453-8451.



**BLACK PUMPS**  
Ann Taylor, \$155; annaylor.com.



**PATTERNED  
SHORT-SLEEVED TOP**  
Gap, \$55; gap.com.



**FANCY, STRAPPY  
HEELS**  
Isolá, \$170; nordstrom.com.



**FLAT LEATHER SANDALS**  
Bernardo, \$129;  
bernardofootwear.com.



REDBOOK and Yahoo! found out what's in your closet; dozens of fresh combos for less than \$200 *total*.

## Here's what to buy

These pieces have cool shapes and details that'll make your beloved staples feel brand-new—and you can get the bunch for less than **\$200**



**\$24.50**

A striped tee has nautical chic. Aéropostale, aeropostale.com.



**\$19.99**

5 readers will be able to get all this for

**FREE**

For details, see page 175.

White jeans are always a crisp choice. Route 66, kmart.com.



**\$34.50**

The silkiness of this top makes it super-versatile. American Eagle Outfitters, ae.com.



**\$34.99**

Funky peep-toe flats—who can resist? Christian Siriano for Payless, payless.com.



**\$24.99**

**\$12.95**

You'll get unlimited mileage out of this scarf. H&M, hm.com for store locations.



This A-line skirt has a breeziness we love. East 5th by JCPenney, JCPenney stores, 877-FIND-JCP.



**\$34.99**

A jacket that's so French ladylike. Jaclyn Smith, kmart.com.



**\$10**

A black belt ties everything together. Lulu's, lulus.com.



Elegant yet low-key: Date night, here you come!





2

◀ The red shirt acts like a fun bolero here.

Demure... frisky... laid-back.... These looks all do more than double duty.

3



4



5



6



7



◀ A striped tee layers like nobody's business.

8



9



◀ Yes, it's the scarf as a halter top! Our fashion director, Audrey, gives even more easy scarf tips at [redbookmag.com/tieascarf](http://redbookmag.com/tieascarf).

10



11







## Has your heavy period been keeping you away?

If you're like 1 in 5 women with heavy periods, you want to get back to life. NovaSure® is a one-time, 5-minute procedure that can lighten or end your heavy period. No pills. No hormonal side effects. For 90% of women, menstrual bleeding is dramatically reduced or stopped. It's a simple procedure that can be done in your doctor's office, usually for the cost of a copay. Talk to your doctor about stepping back into life with NovaSure. Life will be there to welcome you back.

**Important Safety Information:** NovaSure is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following NovaSure can be dangerous. NovaSure is not for those who have or suspect uterine cancer, have an active genital, urinary or pelvic infection, an IUD or a metal uterine implant. NovaSure is not a sterilization procedure. Rare but serious risks include but are not limited to thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting.

**HOLOGIC™**  
The Women's Health Company

**GET YOUR FREE BROCHURE**  
**RB.NOVASURE.COM**  
**1-877-259-5118**



**NovaSure®**  
Stop your heavy period and restart your life





12

Bright and sweet: the ideal weekend uniform!

Think of it as a **chance to experiment:** belt, tie, and layer your way to cute.

13



14



15



A belt gives this flowy mix a sexy shape.

16



17



Knot the cardi and it's like a little jacket.

18



19



20



21





# POND'S®

Trust in a Classic



## THE BEST TOWELETTE JUST GOT BETTER



POND'S has infused the towelettes that clean better than any other leading brand with invigorating citrus and calming chamomile. Try Morning Refresh to wake up and glow and Evening Soothe to wind down at day's end. POND'S. Trust in a Classic.





22

Half corporate, half cheeky—completely adorable!

Black and white plus flashes of color let these pieces play happily together.

23



24



Beach-bound with a scarf turned sarong.

25



26



27



Putting the dress over a tie-neck top gives it a fresh spin.

28



29



30

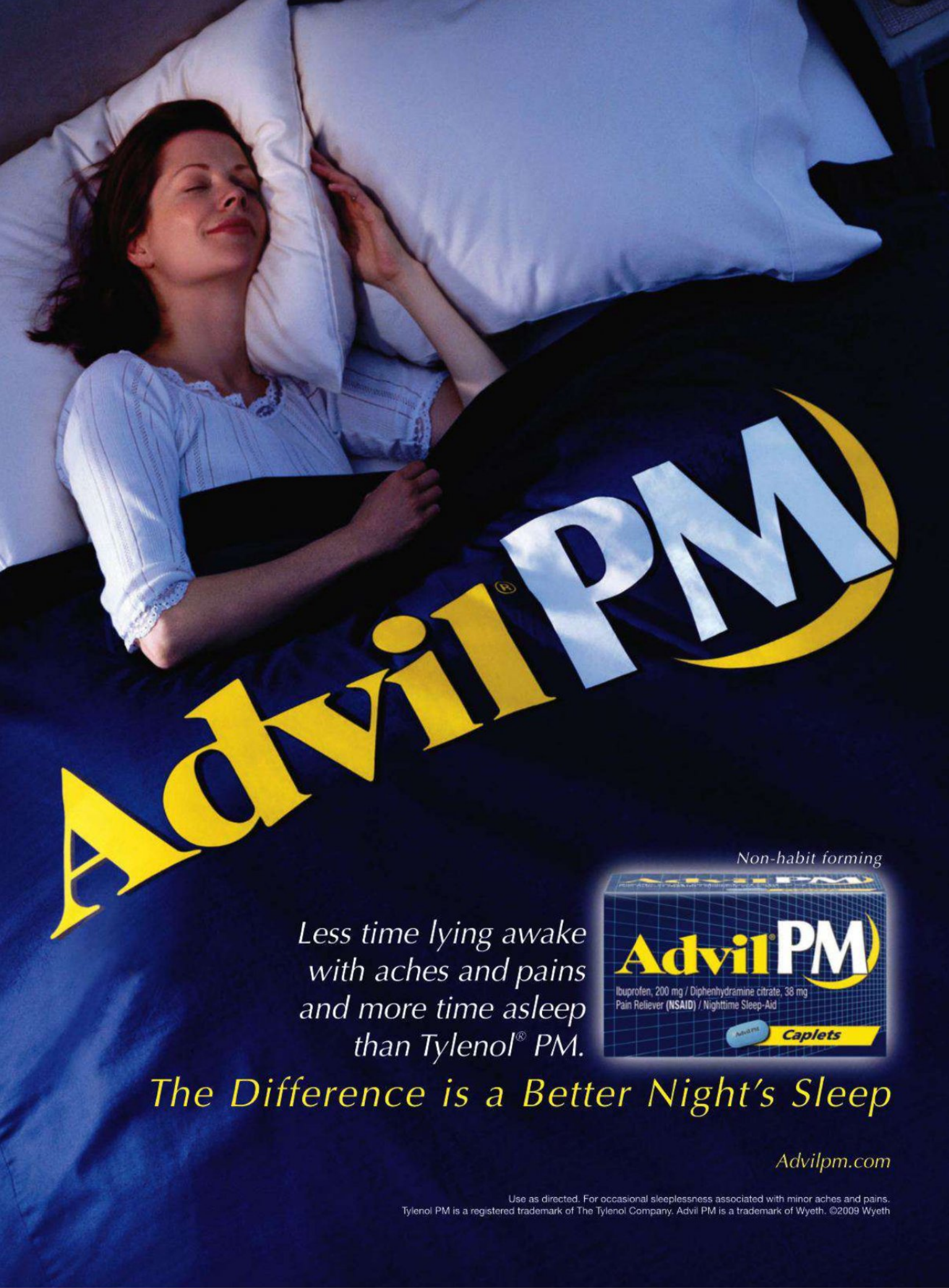


31



And we couldn't stop! To see 19 more incredible outfits—bringing the grand total to 50—log on to [redbookmag.com/moreoutfits](http://redbookmag.com/moreoutfits).

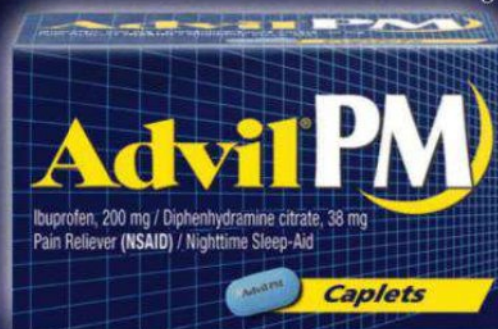




# Advil<sup>®</sup> PM

*Non-habit forming*

*Less time lying awake  
with aches and pains  
and more time asleep  
than Tylenol<sup>®</sup> PM.*



*The Difference is a Better Night's Sleep*

*Advilpm.com*

Use as directed. For occasional sleeplessness associated with minor aches and pains.  
Tylenol PM is a registered trademark of The Tylenol Company. Advil PM is a trademark of Wyeth. ©2009 Wyeth



# WHAT WOULD Heidi Klum DO?



## SPORTY

XXXL sweats? Never—her workout clothes say, “Hey, there’s a woman under here.”



## RELAXED

She turns an easy dress into a “look” by pairing it with cool accessories.



## EVENING

Show off your favorite feature (Heidi loves her legs!) and cover up elsewhere. It’s sexy but not too-too.

**Steal Heidi’s style!** It’s chic, fun, and works well on imperfect bodies (which basically describes everyone).



■ In sleek gear, you won’t feel the least bit schlubby if you hit the market after the gym.

Sweatshirt, Heidi Klum for New Balance, \$125; amazon.com. Tank, Oakley, \$25; oakley.com. Leggings, Athleta, \$69; athleta.com. Sneakers, Nike, \$68; sports authority.com.



■ The drawstring waist saves this T-shirt dress—and you—from seeming shapeless.

Dress, Emu Australia, \$99; backcountry.com. Canvas flats, Toms Shoes, \$44; toms.com. Bag, Accessorize, \$49; Accessorize, NYC, 212-206-3703.

■ This curve-skimming shift flatters all figures. Oh, and so do the amazing-color heels.

Dress, Donna Morgan, \$148; donna-morgan.com. Heels, Vince Camuto, \$90; piperlime.com.





AT A MOMENT LIKE **THIS**,  
I DON'T CARE IF MY TAMPONS CAME IN  
A LITTLE BLACK BOX.



*Outsmart Mother Nature*  
**TAMPAX**



TAMPAX PEARL® with CLEANGUARD™  
protects **BETTER** than U by Kotex.\*

Available in full-size & compact applicators.

\*Among regular absorbency. Get a FREE sample at [tampax.com/sample](http://tampax.com/sample).  
©2011 P&G. U by Kotex is a trademark of Kimberly-Clark Worldwide, Inc.  
Claim based on a 2010 test conducted by J&R Coordinating Services, Inc.





Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

**PURINA**  
**Friskies**

**Feed The Senses™**





# BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

## 5 TRICKS FOR

# Beautiful brows

● The secret to faking perfect arches. ● How to avoid a brow-tastrophe. ● The full-brow trend all the celebs are trying. By Beth Janes



## 1 WHEN TO GO PRO

Just as you wouldn't give yourself a new haircut, leave overgrown brows (or those in need of serious reshaping) to the pros. Pick one whose work you've seen on a friend or in a photo—and take along a picture of your ideal brows for guidance. Choose a technique below, then maintain the new shape at home—but go back a few times a year for a refresher shaping.

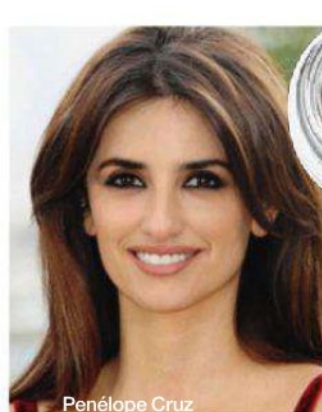
● If you're nervous, get **TWEEZED**. An expert will pluck out hairs one or two at a time, so you can see what's happening—and micromanage, if necessary!—every step of the way.

● If you're time-crunched, try **THREADING**, a technique imported from Asia and the Middle East. Typically working at lightning speed, a pro pulls out a row of hairs at once by twisting and rolling a cotton string. You can be in and out in 10 minutes, and it's practically painless.

● If you're lazy about upkeep, **WAX**. Waxing removes every last bit of brow fuzz (though the odd straggler may require plucking), so you'll go longer without regrowth. **TIP:** Look for a salon that uses cream wax. "It's gentler than hard wax and can be washed off if it's applied to the wrong spot," says Valerie Sarnelle, a brow expert and owner of Valerie Beverly Hills salon.

## 2 Tool smarts

*Tweezing is the easiest way to maintain your brow shape at home—but only if you maintain your tweezers! Hold them carefully and store them with the little plastic cap over the tips. "Dropping tweezers can throw off their alignment and mess up their grip on hairs," Sarnelle says. Above, Tweezerman Animal Print Slant Tweezer, \$25.*



Penélope Cruz



Kate Winslet

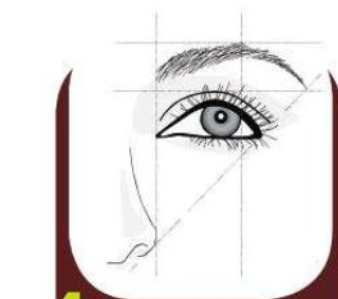


Rachel Weisz

## 3 FAT BROWS RULE!

Hollywood A-listers still love skinny jeans and skinny lattes, but brows are a very different story these days. "Stars are realizing that their eyebrows should look classic, not trendy," says New York City brow expert Ramy Gafni, who's thrilled that the ultra-thin craze (remember Tyra's twigs?) is a thing of the past. "Full, well-shaped brows make you look younger and more sophisticated," he says. To beef up barely-there arches in a flash, try the latest enhancers: Add dimension with Tarte Emphaseyes Waterproof Brow Mousse in Medium Brown, at left, \$28 (the brush is included in the kit), or fill in any bare spots with a felt-tip brow marker, such as TouchBack BrowMarker, \$19.95.

**5 The one thing you're not doing, but should:** Tame wild hairs with a clear gel (you can even use clear lip gloss, right). A little shine and added control go a long way with unruly brows.



## 4 The brow boundaries for your face

While one shape does not fit all, there's an easy way to get the basic brow blueprint that works for you.

1. The inner edge of each brow should line up with the side of your nostril. You can hold a pencil right next to your nose and extend the line up to your brows for a visual aid.
2. The high point of your arch should align with the outer rim of your iris.
3. Tilt the pencil so it runs from your nostril to the outer corner of your eye and beyond. That's where your eyebrow should end.





# WE'RE ON A MISSION TO RESCUE DRY SKIN.

**VASELINE® INTENSIVE RESCUE®**  
ACCELERATES HEALING  NON-GREASY MOISTURE

We're against dry skin. That's why we gave Vaseline® Intensive Rescue® to women who were constantly searching online for a solution to their dry skin. The results are in - women across the web reported that their skin was healed without the greasiness. But our mission won't be over until we eliminate dry skin for every woman, everywhere.

Join our Mission at [dryskinrescue.com](http://dryskinrescue.com)





## 9 BEAUTY DISCOVERIES THAT MAKE YOU LOOK GREAT WITHOUT EVEN TRYING



**1 Spring fling** The violet and wild-rose notes in Daisy Marc Jacobs Eau So Fresh, \$70, remind us of a long walk through country fields—or at least a dash through our local flower market.

**2 Vital body prep** Ready yourself for skin-showing season with the superhydrating Suave Naturals Creamy Milk & Honey Splash Body Wash, \$1.99.

**3 Rub it in** Help nails grow (whether they're polished or bare) with a daily dose of Sally Hansen VitaSurge Growth Gel, \$6.99.

**4 A hint of tint** Don't be scared by its Day-Glo color: This cheek gel goes on sheer, creating a soft, rosy flush. Givenchy Blush Gelée in Candide Pink, \$33.

**5 Fight eye wrinkles, 24/7** Get round-the-clock antiaging (antioxidant vitamin C for a.m., a wrinkle-smoothing amino acid for p.m.) with Josie Maran Argan Day + Night Eye Cream, \$68.


**6 Eyelash options** Adjust the bristles on this wand for lashes as defined—or as *check-me-out* dramatic—as you want. Revlon CustomEyes Mascara, \$8.99.

**7 Sweat detector** Some antiperspirants kick into high gear when you're already damp (too little, too late!). But Degree Women Expert Protection with MotionSense, \$4.16, activates as soon as there's armpit friction.

**8 Shadow for dummies** This cleverly shaped sponge applies three shades in all the right places. L'Oréal Studio Secrets Professional The One Sweep Eye Shadow in Playful for Brown Eyes, \$9.95.

**9 Pick up the slack** What do you get when you combine two skin-tightening polymers and peptides? A temporarily smoother look after one use (and the promise of long-term lifting in a month). Avon Anew Clinical Lift and Firm Pro Serum, \$54.





Kiss  
those lines  
goodbye!™

Ask your doctor about  
 **Juvéderm<sup>®</sup> XC**

One treatment lasts up to one year\*

JUVÉDERM<sup>®</sup> smoothes out those parentheses lines along the sides of your nose and mouth—instantly. Go to [Juvederm.com](http://Juvederm.com) to find out more about JUVÉDERM<sup>®</sup>, the #1 selling dermal filler in the U.S.\*\*

Individual results may vary. 1 877-FILLER MD (877-345-5376). JUVÉDERM<sup>®</sup> is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps.

**Please see important treatment considerations on reverse side. By prescription only.**

\*With optimal treatment. \*\*January 2009 through April 2010; Data on file, Allergan, Inc.; US Facial Injectables Market Share Report; GuidePoint Global Filler Share Tracker.



THE SCIENCE OF REJUVENATION

© 2010 Allergan, Inc., Irvine, CA 92612. ® and ™ marks owned by Allergan, Inc. JUVÉDERM<sup>®</sup> mark owned by Allergan Industrie, SAS. APC19UH10



## Important Treatment Considerations

### A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

**Indication:** In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

**Contraindications:** JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

**Warnings:** JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

**Precautions:** The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

**Adverse events:** The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

**Important:** For full safety information, please visit [www.juvederm.com](http://www.juvederm.com) or call Allergan Product Support at 1-877-345-5372.

**CAUTION:** Rx only.

APC61ZU10

PROMOTION

# redbook notebook

what's new, noteworthy & now

YOUR  
*daughter*  
COULD BE A  
MILK MUSTACHE  
*celebrity!*



Milk has 9 essential nutrients, and now, [got milk?](http://gotmilk.com) is looking for a group of 9 teen girls to serve as ambassadors to show their peers how milk can help them be their best. Teens can enter [The Power of 9 Contest](http://ThePowerof9Contest.com) for a chance to become the next Milk Mustache star!

Find more information at [myyearbook.com/powerof9](http://myyearbook.com/powerof9)

got milk?®

### HALLMARK INTERACTIVE STORYBOOK AND BUDDY

Reading together goes to a whole new level of fun with Cooper the Bear. When you read his story out loud and say key phrases, Cooper will pipe up with his own responses. For a special offer, demo, and more, visit [hallmark.com/storybuddy](http://hallmark.com/storybuddy).



### FACEBOOK.COM/REDEVENTS

Become a fan of REDBOOK Events on Facebook to learn more about special offers and opportunities from REDBOOK. Plus, share posts and comments with fans from across the country. Find out more on [facebook.com/redevents](http://facebook.com/redevents).



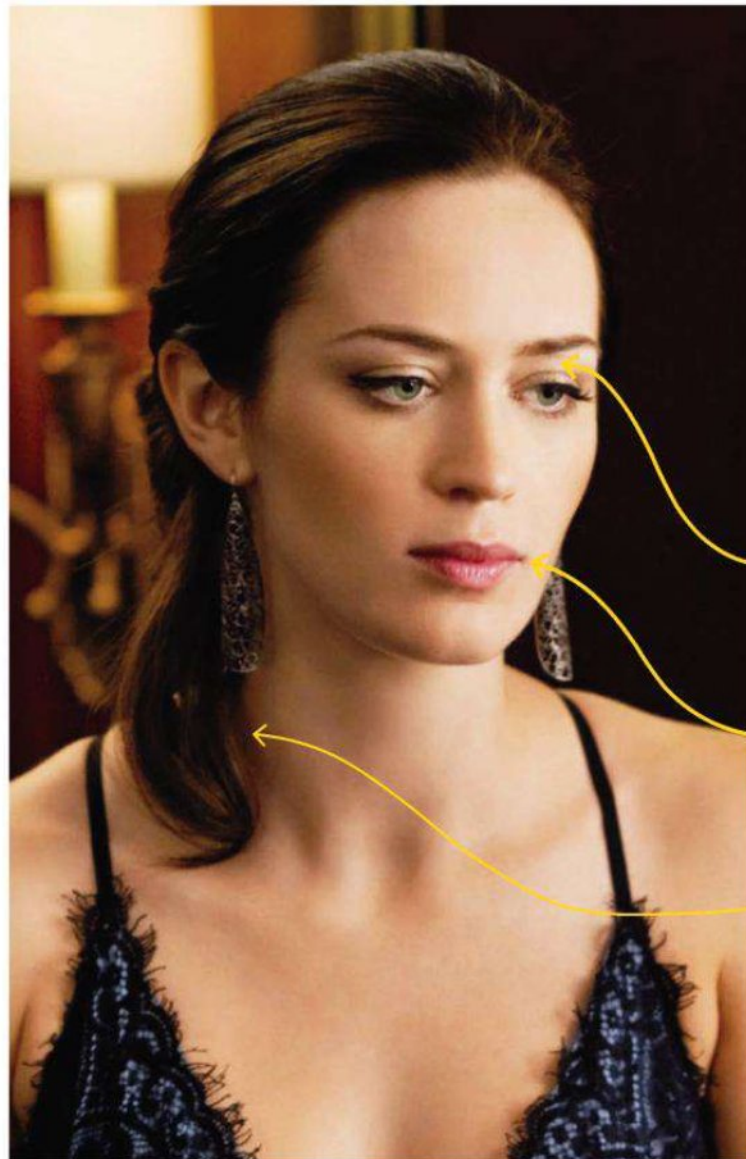
### XPRT PANEL

Want to make your voice heard and your opinions count? Want to get in on the fun of free samples, chances to win fabulous prizes, and special offers throughout the year? Here's your chance!

Become a REDBOOK Xpert and share what's on your mind and in your heart. Visit [www.redbookmag.com/rboffers](http://www.redbookmag.com/rboffers) and sign up today.







## SCREEN GRAB

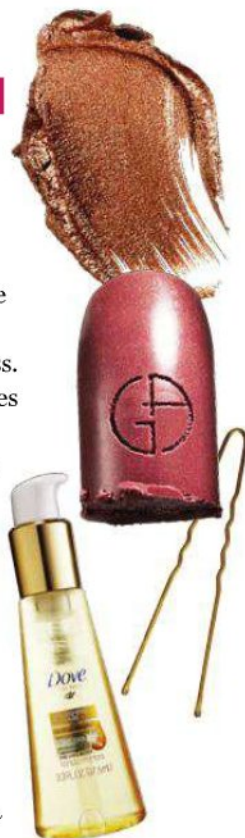
### A movie look that'll work on you

In her new flick, *The Adjustment Bureau*, Emily Blunt plays a ballerina who gets tangled up with a politician. The movie's head makeup artist, Evelyn Noraz, and hairstylist, Kay Georgiou, told us how to get Emily's sleek prettiness.

**A clean sheen** Noraz dressed up her eyes by applying gold cream shadow (heavy metal in the tube, translucent on skin!) to her lids. "It's just enough sparkle to catch the light," Noraz says.

**Ripe lips** "This deep yet sheer lipstick makes a statement," Noraz says of the Armani shade Emily wears. "It's a cross between a lipstick and a gloss, so there's no blotting required."

**Effortless low 'do** "Emily's chignon echoes a classic ballet bun, only not so severe," says Georgiou. Twist hair into a bun, leaving out a few tendrils in back, then secure the shape with a few jumbo hairpins (instead of a thousand bobby pins). Smooth flyaways with a hair serum.



Laura Mercier Metallic Crème Eye Color in Gold, \$22. Armani Sheer Lipstick in #10, Plum, \$27. Sta-Rite Jumbo Hair Pins, \$1.99 for 25. Dove Hair Nourishing Oil Care Serum, \$4.74.

## DO ONE THING, LOOK YOUNGER

### Whiten your teeth

Give the wrinkle cream a rest! Brightening your pearly whites can take 10 to 15 years off your face, says New York City cosmetic dentist Gregg Lituchy. And you don't have to spend a fortune—or hours at the dentist—to do it: Crest 3D White 2 Hour Express Whitestrips, \$55, work in the time it takes to watch two *Law & Order* reruns, and the results last for three months.



## Hot **new** haircut

It doesn't have a cute name, but this short/long (*shlong*? Oh, no! That sounds bad!) cut looks amazing *and* solves problems. It has the wash-and-go appeal of a short haircut and the movement and ponytail-readiness of long hair, explains Tommy Buckett, stylist at Marie Robinson salon in New York City. To add an extra-cool touch, ask your stylist for a few wispy, face-framing layers. "Avoid heavy or short layers—or risk leaving with 'The Rachel,' circa 1995," he warns. Okay, got it!



Rashida Jones, Tina Fey, and Zoë Saldana go not too short, not too long.



Lose the **angst**, look **amazing**—with the help of beauty director Cheryl Kramer Kaye.



*I'll go first....* I would make a terrible Girl Scout; I'm never prepared. I'll finish off a bottle of shampoo or body lotion and realize that I don't have a backup. Last week, for example, I ran out of face wash and used the hand soap in the dish on the bathroom counter for days. Yes, me, a beauty editor. But how bad is it to use regular old soap on your face? "Nobody will implode from using bar soap from time to time," says dermatologist Neal Schultz, M.D., founder of BeautyRx Skincare. "But most soaps have a pH of about 9 or 10, much more alkaline than your skin, which makes them potentially irritating." Better, he says, are Dove, Basis, and Lowila Care bars, which have lower, gentler pHs. The good news is that Dove's Pink Beauty Bars come in a two-pack, so there's even a backup for my backup.



I want to look tan—without the sun, of course—but I'm scared of self-tanner." —T.J., 40

We live in the Jergens-Natural-Glow era, when self-tanner builds over the course of a few days and results in a real-looking bronze, not a Donatella Versace orange. Really, gradual self-tanners are hard to mess up. But if even they scare you, go the temporary route: St. Tropez's Wash Off Instant Glow Mousse, \$22.50, works from head to toe and won't get on your clothes. If you're *reeeally* chicken, a powder bronzer, like 100% Pure Cocoa Pigmented Bronzer, \$25, dusted on with a brush, will warm up your face PDQ.



I've tried probably a hundred mascaras



Blonde lashes need extra oomph.

and still haven't found one that makes a big difference for my super-

thin, blonde lashes. Can anything make them look semi-lush?" —S.G., 34

If you haven't found a lash booster you love, you clearly haven't tried Bline Mascara, \$25. You apply it like you would a regular mascara, but instead of painting lashes, this formulation wraps them—as if deploying superthin pieces of black macaroni around each hair—so your lashes wind up not only darker but noticeably thicker, too. The tubes come right off with warm water and gentle pressure. Yes, the sensation is weird at first, but you'll get used to it fast.



I never recycle my beauty product containers. I just don't know how!" —C.D., 27

You, C.D., are not alone. According to a Procter & Gamble Natural Marketing Institute survey, 78 percent of Americans admit to tossing beauty packaging right into the garbage. "Most people don't keep a recycling bin in the bathroom, so they forget," says Jenny Rushmore, global sustainability director for P&G Beauty & Grooming. "Plus, they just don't realize that a lot of that packaging is recyclable." Often, plastics with #1 and #2 stamped on the bottom can be recycled, along with cardboard and glass; visit [earth911.org](http://earth911.org) to find a recycling center near you. So get yourself a bathroom bin and start saving the planet!

**OMG!** BEST THING EVER



As a naturally curly girl, I've never wanted to get a salon keratin treatment because I couldn't commit to three months of straight hair. But three days? Bring it on! John Frieda Frizz-Ease 3-Day Straight, \$9.99, an at-home keratin-containing spray that you activate with a flat iron, made my hair sleeker than it's ever been and impervious to frizz—even in my steamy bathroom.





GIVE YOUR PUPPY A  
BEAUTIFULLY BENEFUL® BEGINNING.

Check out the real, wholesome ingredients in Beneful® Healthy Growth For Puppies—including real chicken, rice—even real milk. With calcium for developing strong bones and teeth. Your puppy will love the taste. You'll love what it does for him. Life is good!

HEALTHFUL. FLAVORFUL. BENEFUL.®

 **PURINA**®  
Your Pet, Our Passion.®





Embarrassment causes red cheeks; red cheeks cause embarrassment. Stop the cycle!

# Q

My cheeks are all red (and not in that pretty, flushed way). What's going on?



## THE DERMATOLOGIST-PSYCHOLOGIST SAYS:

"Skin turning persistently red is a sign of rosacea, an inherited condition in which your immune system overreacts to external irritants like pollution or cosmetics and internal ones like certain foods or feeling embarrassed." Rosacea-prone skin releases chemicals that make skin inflamed and sensitive, causing blood vessels to swell—hence the intense redness. There is a risk the swelling could become permanent if not treated, Fried says. Because you can't avoid embarrassing situations or pollution, he recommends using rosacea-specific products (he likes ones from Aveeno and Eucerin). And "for severe cases, prescription topical gels like Finacea or Metrogel stabilize skin so it won't overreact to every irritant it encounters."

**Rick Fried, M.D., Ph.D.,** dermatologist and clinical psychologist; clinical director at Yardley Dermatology Associates



## THE MAKEUP ARTIST SAYS:

"When you're experiencing a rosacea flare-up, your best bet is a color-correcting concealer or primer with a green tint. It cancels out the redness and gives skin a more uniform look." Because skin with this condition is sensitive, Schlip recommends mineral makeup, which doesn't contain potentially irritating fragrances or preservatives. She also advises using only brushes—washed frequently with mild shampoo—to apply makeup, as bacteria on your fingers might worsen your rosacea, and friction from sponge applicators can be too irritating. And when choosing blush and lipstick, pick peach and bronze shades versus pink or red ones, which can bring out the redness in your skin.

**Joanna Schlip,** makeup artist to Eva Longoria and Ellen Pompeo



## THE NUTRITIONIST SAYS:

"I've seen people successfully beat rosacea outbreaks by cleaning up their diet." To figure out what makes your rosacea worse, Metsovas suggests eliminating known trigger foods for a few weeks, then slowly reintroducing each while watching for flare-ups. Common triggers include red wine, coffee, yogurt, chocolate, and spicy foods—and a recent Duke University study linked niacin-rich foods such as yeast, spinach, and avocados to flushed skin. "Other new research suggests a strong link between rosacea and gastrointestinal disease," Metsovas says. "Some studies show that eating more 'clean fats,' such as coconut oil or extra virgin olive oil, may improve your condition."

—AMANDA MAY DUNDAS

## GET THE RED OUT:



Aveeno Ultra Calming Daily Moisturizer SPF 15, \$13.99.



Physicians Formula Mineral Wear Talc-Free Mineral Correcting Primer SPF 15 in green, \$10.95.



Bare Escentuals BareMinerals Original SPF 15 Foundation, \$25.



High-fiber foods like Swiss chard help push trigger foods out of your system faster.



Skip red wine and other common culprits.



PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

**Important Safety Information About PRISTIQ®**

**Suicidality and Antidepressant Drugs**  
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

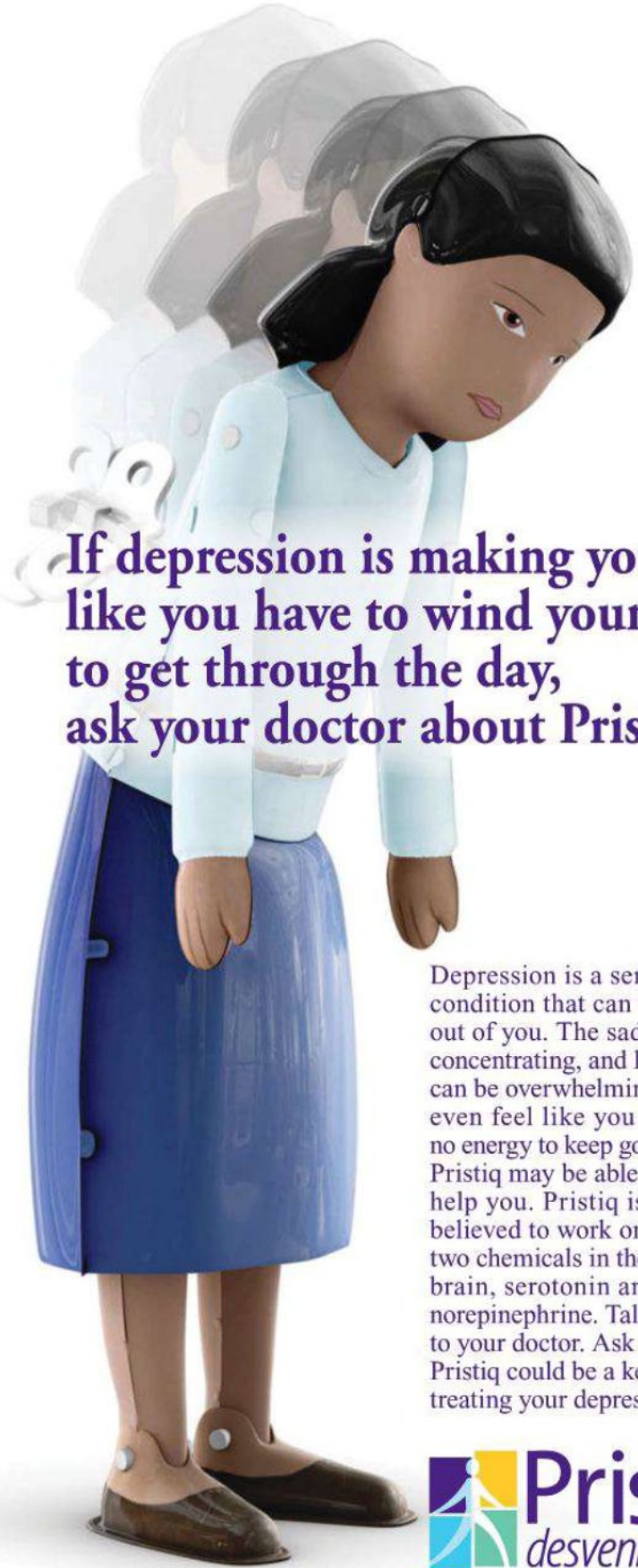
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant


Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

**Please see Brief Summary of Prescribing Information on next page.**



**If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.**

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



 **Pristiq®**  
desvenlafaxine  
EXTENDED-RELEASE TABLETS

*You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.*

Visit [Pristiq.com](http://Pristiq.com) or call 1-800-PRISTIQ (1-800-774-7847)



## IMPORTANT FACTS ABOUT



(pris•teek®)  
Pristiq® -  
(desvenlafaxine)  
Extended-Release  
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

### Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

### What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

### Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

### What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

### Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines

such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

### Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

### Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

### What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

### What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

### Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- irritability
- abnormal dreams
- diarrhea
- nausea
- sleeping problems (insomnia)
- tiredness
- headache
- anxiety
- sweating

### Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

• **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at [www.pristiq.com](http://www.pristiq.com) or call our toll-free number 1-888-Pristiq.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

### Contact Information

Please visit our web site at [www.pristiq.com](http://www.pristiq.com), or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit [www.pfizer.com](http://www.pfizer.com) or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?  
Pfizer has programs that can help. Call 1-866-706-2400  
or visit [www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com).





I HAVE  
~~CANCER~~  
A BRIGHT  
FUTURE

We'll help you get back to work.

**cancerandcareers\***org

**CANCER AND CAREERS SPONSORS**

**FOUNDING:** Avon Foundation for Women, Genentech

**PLATINUM:** Laura Geller Makeup, Inc.

**GOLD:** Bare Escentuals | CHANEL | The Estée Lauder Companies Inc.

L'Oréal USA | SELF Magazine | Shiseido Cosmetics America

**SILVER:** Batallure Beauty LLC | Bath & Body Works | Fusion Brands Inc.

Johnson & Johnson Beauty Care | KAPLOW | Macy's | Nordstrom

The Procter & Gamble Company | Rodale | Sephora USA, Inc. | Suite K | Target | Time Inc.





# Chest Congestion Relief



**For fast, long-lasting relief, make a clean sweep of mucus.**



**Unique bi-layer tablet.** Maximum Strength Mucinex® breaks up the mucus that causes chest congestion. Only Mucinex has a bi-layer tablet. One layer goes to work fast, while the extended-release layer continues to work for 12 hours. So kick out mucus with Maximum Strength Mucinex.

**Mucinex®**  
Mucinex in. Mucus out.®



# HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE



## Why new dads get the blues too

Gee, honey,  
is something  
wrong?

**I**t's no secret that women go through emotional swings after giving birth, but a new study from the Eastern Virginia Medical School in Norfolk found that about one in 10 new fathers experience symptoms of depression during the first few weeks of parenthood. His mood may be a reflection of yours—postnatal depression is most common in men whose partners have depression—but he could also be reacting to the same issues that affect new moms' moods. "After the birth of a baby, men and women go through many of the same stresses, such as disruption of routine and sleep, which are linked to negative effects on mood," says psychologist and lead

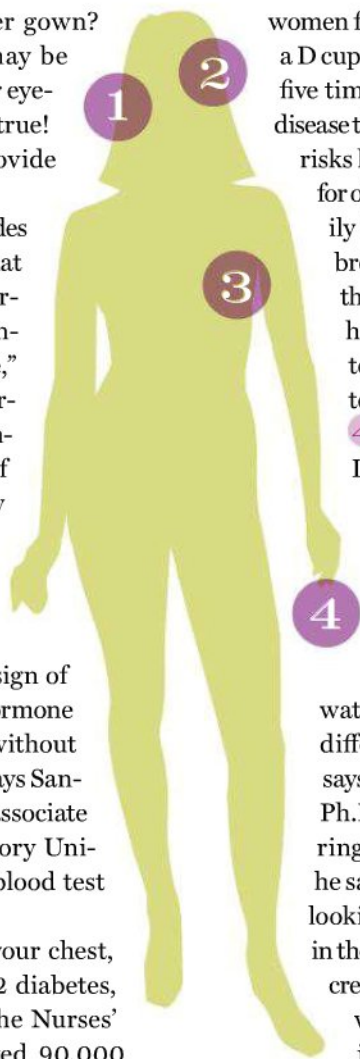
study author James Paulson, Ph.D. "Men manifest their feelings in unique ways, and it's important to look out for symptoms: Irritability, anger, sleeplessness, and changes in appetite are all signs." If you think your guy is suffering from the serious blues, encourage him to tell his doctor. If he resists, suggest that he talk to other dads, or at least do some good old-fashioned Googling on the subject. "Men grappling with these feelings are often reluctant to seek treatment, and it can help them to do research on their own," Paulson says. The National Institute of Mental Health ([nimh.nih.gov](http://nimh.nih.gov)) is a great place to start. —BRITTANY BURKE



## 4 weird warning signs your doctor can plainly see

Feel shy in that flimsy paper gown? Don't worry. Your doctor may be paying more attention to your eyebrows than your rear end. It's true! Random body parts can provide important health clues:

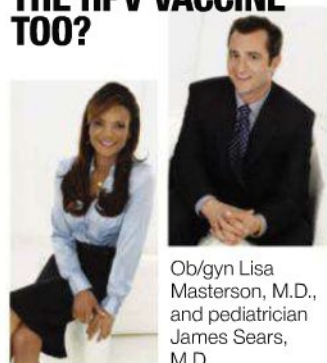
- 1 CREASED EARLOBES** "Decades of research have established that a crease across one of your earlobes is associated with an increased risk of heart disease," says JoAnne Foody, M.D., a cardiologist at Brigham and Women's Hospital in Boston. So if you've got 'em, your doctor may want to check your blood pressure and cholesterol levels.
- 2 THIN EYEBROWS** Sparse brows (not due to overplucking) are a well-documented sign of thyroid problems. "Thyroid hormone keeps hair healthy all over; without it, hair gets thin and brittle," says Sandra Fryhofer, M.D., a clinical associate professor of medicine at Emory University in Atlanta. A simple blood test can detect your levels.
- 3 BREAST SIZE** The bigger your chest, the higher your risk of type 2 diabetes, note findings from part of the Nurses' Health Study, which followed 90,000



women for 20 years. "Women who are a D cup or larger at age 20 are almost five times more likely to develop the disease than A cups," Foody says. "These risks hold true even after adjusting for obesity, diet, smoking, and family history." A type of fat in the breast may produce hormones that encourage diabetes, so if you have a large chest, ask your doctor for a fasting blood-glucose test to assess your risk.

- 4 SHORT POINTER FINGERS** If your pointer finger is shorter than your ring finger, you may be twice as likely to develop knee osteoarthritis, a new study by the Arthritis Research Institute of America in Clearwater, FL, found. The bigger the difference, the greater the risk, says study author Paul Leaverton, Ph.D. "It's only a concern if the ring finger is *obviously* longer," he says—so if you can't tell just by looking at your hand, you're likely in the clear. The best way to prevent creaky knees? Maintain a healthy weight: Extra pounds strain joints. —MINDY WALKER

## THE DOCTORS DISCUSS: DO BOYS NEED THE HPV VACCINE TOO?



Ob/gyn Lisa Masterson, M.D., and pediatrician James Sears, M.D.

*You've no doubt seen the ads encouraging parents to vaccinate boys ages 9 and older against the human papillomavirus (HPV)—the virus that causes most cases of cervical cancer in women. Should you do it? We asked the cohosts of the medical talk show The Doctors (check your local listings for times).*

**Is there really any benefit of giving boys the HPV vaccine?**

**Lisa Masterson, M.D.:**

Yes! It not only stops boys from catching and spreading HPV to women, but it also prevents genital warts. HPV has also been linked to rectal and mouth cancers in guys.

**What about concerns that it may encourage unsafe sex in teens?**

**James Sears, M.D.:**

I'd love to think that my patients won't have sex until their honeymoon, but many teens do it long before their parents know—and often not safely. You may not think your child needs protection right now, but 80 percent of the population will be exposed to HPV at some point in their lives.

**Any drawbacks?**

**Sears:** It's expensive, about \$700. So call your insurance company to make sure they'll cover it.

Send your health questions to [askthedoctors@redbookmag.com](mailto:askthedoctors@redbookmag.com).

## ONE LESS THING TO WORRY ABOUT:

## YOUR KIDS' NO-GREEN-FOODS DIET

If your little one is anti-broccoli, spinach, and veggies in general, it's okay to surrender and stop stressing, says New Jersey-based dietitian Erin Palinski, R.D. A recent study at the University of Bristol in the United Kingdom followed more than 13,000 children from infancy to age 7 and found that picky eaters met the same calorie and nutrient quotas as veggie-loving kids. And there were no major differences in weight and height between the two groups. "Instead of fighting with your child over what foods he won't eat, focus on adding in foods he enjoys that are rich in nutrients," Palinski says. Veggies are a terrific source of folic acid, B vitamins, and calcium, but kids can also get those in fortified cereals, bananas, peaches, citrus fruits, peanuts, yogurt, cheese, milk, and fortified orange juice. —SARAH JIO

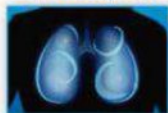




SYMBICORT is for asthma that is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of **SYMBICORT**.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.



SYMBICORT helps me breathe better all day, starting within 15 minutes.\* It won't replace a rescue inhaler for sudden symptoms. Unlike most other asthma medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

\* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

## IMPORTANT INFORMATION ABOUT SYMBICORT

### Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta<sub>2</sub>-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your healthcare provider if your asthma does not improve or gets worse. It is important that your healthcare provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your healthcare provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

### Patients taking SYMBICORT

- may experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- may have a higher chance of infection. Tell your healthcare provider immediately if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection.
- may experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels, decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your healthcare provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

### Approved Uses for SYMBICORT for Asthma

SYMBICORT is used to control and prevent symptoms of asthma in adults and children ages 12 and older. SYMBICORT is not for patients who have sudden asthma symptoms.

**Please see Important Product Information on adjacent page and discuss with your doctor.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



**FREE  
PRESCRIPTION OFFER<sup>†</sup>**

**And even more savings for up to a year.<sup>†</sup> Call 1-888-312-0792 or visit [MySymbicort.com/save](http://MySymbicort.com/save)**

<sup>†</sup> Subject to eligibility rules. Restrictions apply.

**For more information, call 1-888-312-0792  
or go to [MySymbicort.com/save](http://MySymbicort.com/save)**

*If you're without prescription coverage and can't afford  
your medication, AstraZeneca may be able to help.  
For more information, please visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com)*

**Symbicort<sup>®</sup>**  
(budesonide/formoterol fumarate dihydrate)  
Inhalation Aerosol

AstraZeneca



# IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

**SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.** Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

## WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

### Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

### Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

## WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

## WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

## HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

## WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

## WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

**SYMBICORT can cause serious side effects.**

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

## WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

### Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

### Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

**NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.**

SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

© 2010 AstraZeneca LP. All rights reserved.  
Manufactured for: AstraZeneca LP, Wilmington, DE 19850  
By: AstraZeneca AB, Dunkerque, France Product of France  
Rev 6/10 303634

Visit [www.MySymbicort.com](http://www.MySymbicort.com)  
Or, call 1-866-SYMBICORT



AstraZeneca





BEFORE

# FOR BEING ONE HOT MOMMA.

# HOOORAY YOU

*"I couldn't be happier with getting my body back!"*

— Michelle, lost 38 lbs.\*

**Nutrisystem®**  
The new you revolution™



## GET YOUR FIRST 7 DAYS FREE†

[nutrisystem.com/rbk211](http://nutrisystem.com/rbk211)

## PLUS OUR MONEY BACK GOURMET GUARANTEE†

with the purchase of a 28-Day Auto-Delivery program

888.925.DIET (3438)

†Offer good on Select 28-Day Auto-Delivery Programs only. Fresh-frozen items shipped separately. Seven additional free days of non-frozen food items only will be included with your first delivery. With Auto-Delivery, you are automatically charged and shipped your 28-Day order every four weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046. The Nutrisystem Select program is available to Continental US residents only and cannot be shipped to PO Boxes, APO Boxes or military addresses. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. Must cancel within seven days of receipt of first shipment and return at least two weeks of food for full refund, less shipping. Other restrictions apply. Call or see website for details. ©2011 Nutrisystem, Inc. All rights reserved.

\*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Individuals are remunerated. On Nutrisystem you add in fresh grocery items.



Just because  
the economy  
is stuck, it  
doesn't mean  
you have to  
be too.



## Colon Cleanse and Super Colon Cleanse

Get the relief that you've  
been waiting for with  
Colon Cleanse! Pure  
Psyllium Husk provides  
safe and effective  
cleansing to promote  
regularity and relief of  
occasional constipation.



800.822.6225  
www.healthplusinc.com

# HEALTHY YOU GUY KIDS



Couch potatoes,  
defend your turf!

## A great excuse to watch **TV** tonight

**N**ot all tube-watching is a big waste of time. In fact, research suggests that certain programs may actually have health benefits for you and your family. Take nature shows, for instance: In one new study from the University of Rochester in New York, people who watched nature scenes felt more energetic and charitable. Previous studies have found that just looking at still images of nature can lower blood pressure and muscle tension, two markers of unhealthy stress. But Animal Planet and National Geographic aren't the only beneficial channels—turns out, network teen dramas may be a free sex-ed

lesson for your daughter. Young girls who watched an episode of *The OC* (remember that show?!) that featured a character dealing with an unintended pregnancy said they would be more likely to practice safe sex, a study from the University of California, Santa Barbara found. "It makes them feel more vulnerable to pregnancy, and imagining that they are friends with the characters makes them more open to the message," says study coauthor Robin Nabi, Ph.D. Points for entertainment value: Girls did *not* report the same safe-sex intentions after watching a news program on teen pregnancy. —JESSICA GIRDWAIN

THIS PAGE: MIKAEL DUBOIS/GETTY IMAGES. OPPOSITE PAGE: ILLUSTRATIONS BY DATATICKLER. X-RAY: SUZANNE TUCKER/SHUTTERSTOCK.



## The **dirtiest** things you'll touch today

Some of the seemingly harmless stuff we handle daily can have 16,000 times more germs than a toilet seat, says Charles Gerba, Ph.D., a microbiologist at the University of Arizona in Tucson. Watch out for these:



**YOUR PURSE** The bottom of your bag is teeming with tens of thousands of bacteria per square inch, Gerba's research shows. Germs climb aboard when you set your bag on the floor, so keep it on your shoulder or lap—and opt for leather bags, which are easy to disinfect with a weekly wipe.



**THE CLASSROOM FAUCET** It's there so kids can clean up, but the average classroom faucet handle has about 32,000 germs per square inch, according to a National Science Foundation study. (A shopping-cart handle only has *two per inch*.) Teach kids to use a paper towel to shut the water off after washing.



**YOUR DASHBOARD** Car consoles in warm climates are home to loads of bacteria, while those in cold areas are prone to mold, Gerba's research shows. Use antibacterial wipes to clean your dash, radio, turn signal, and headlight switch.



**FRESH PRODUCE** Water misters in the grocery store make veggies and fruit look pretty, but the spouts can be filled with bacteria, which then get deposited on your dinner. So be sure to scrub produce under cold water, then pat it dry before putting it away in your fridge.

—GINA ROBERTS-GREY

## Is **STRESS** messing with your **SMILE**?



A cracked, infected molar.

Relax! It could save you thousands in dental work. Stress is a leading cause of cracked teeth and broken crowns, says Edwin Parks, D.D.S., a professor at the Indiana University School of Dentistry in Indianapolis. When your mouth is shut, there should be space between your top and bottom teeth, Parks says. If there isn't, you're clenching. See a dentist for muscle relaxants or a night guard to ease the strain. —JULIE METZ

**Menopause. Discover how to let go...**

©2011 Bayer HealthCare LLC



One A Day® Women's Menopause Formula helps you let go of some of the annoying symptoms menopause brings. It's the only<sup>†</sup> complete women's multivitamin with soy isoflavones to help address hot flashes and mild mood changes.\* **More of What Matters to You.**

Go to [LiveMenopause.com](http://LiveMenopause.com) to share your menopause experience.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

<sup>†</sup>Among leading brands.





ADVERTISEMENT



# See the difference one little switch can make.

## Introducing 90 Days of Prizes

90 days, 90 chances to switch things up.

Check out Cottonelle Ultra's special "90 Days of Prizes" promotion to see how little switches can make all the difference in your life. Enter for a chance to win a year's supply of Cottonelle Ultra, luxurious towels, theater tickets, a couple's massage, and other little relationship pick-me-ups. Just look for Ultra codes in-pack and enter online for a chance to win a daily prize at

**CottonelleUltraSwitch.com.**



**NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCE OF WINNING.** Promotion starts 02/01/2011 and ends 05/01/2011. Open to legal residents of the U.S.A. (including D.C.) and Canada who are 21+ years. Visit [www.cottonelleultraswitch.com](http://www.cottonelleultraswitch.com) for Official Rules and to enter. To receive an Entry Code without purchase, send a SASE in a stamped envelope to: "Make the Cottonelle Ultra Toilet Paper Switch" Free Official Entry Code Request, 625 Panorama Trail, Suite 2100, Rochester, NY 14625. Requests must be received by 04/25/2011. Sponsor: Kimberly-Clark Corporation, 2100 Winchester Road, Neenah, WI 54956. Void where prohibited.





Find *Ultra* codes in-pack



You could win *Ultra* prizes



Feel the *Ultra* difference

**Little switches can make all the difference.** That's why we've made Cottonelle® *Ultra* Toilet Paper 35% thicker than the Northern brand.\* It's one little switch that will *really* change how you feel. **CottonelleUltraSwitch.com** \*Compared to Double Roll Quilted Northern Soft and Strong®

**NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCE OF WINNING.** Promotion starts 02/01/2011 and ends 05/01/2011. Open to legal residents of the U.S.A. (including D.C.) and Canada who are 21+ years. Visit [www.cottonelleultraswitch.com](http://www.cottonelleultraswitch.com) for Official Rules and to enter. To receive an Entry Code without purchase, send a SASE in a stamped envelope to: "Make the Cottonelle Ultra Toilet Paper Switch" Free Official Entry Code Request, 625 Panorama Trail, Suite 2100, Rochester, NY 14625. Requests must be received by 04/25/2011. Sponsor: Kimberly-Clark Corporation, 2100 Winchester Road, Neenah, WI 54956. Void where prohibited.





## THE BETTER-THAN-NOTHING BUTT WORKOUT

Logging long hours at the office usually means you've got no chance (and no energy) to work out. Avoid flabbification with this move from Sara Haley, master trainer for Reebok. It targets your butt, quads, and inner thighs so you'll nab a tighter behind *while* working overtime. If you're wearing heels, kick them off to avoid straining your knees. Then... get going!

**A** Slide your desk chair back from your desk a bit and scoot forward on the seat a few

inches. Press your legs together, making sure your knees are bent 90 degrees and your feet are together and flat, as shown.

**B** Pull your belly button in and up and squeeze your knees and heels together to stabilize. Then, using your thigh muscles, lift your butt a few inches off the chair, as shown. Hover for 30 seconds, squeezing your butt and ab muscles for support. (If it's too hard, try placing your feet shoulder width apart.) Repeat two to three times throughout the day.



## CHEER UP, SLIM DOWN

Women who improved their emotional health along with losing weight were more likely to shed pounds than those who focused only on slimming, a recent study found. So aim to get eight hours of sleep a night (learn how on page 138), try to exercise outside (sunshine boosts mood), and pair up with a pal for social support, says psychologist Jeffrey Rossman, Ph.D.

—LAUREN OSTER

## BURN MORE CALORIES IN LESS TIME

You've got 20 minutes in your crazy day for the gym: Not sure what do? In one study, the treadmill burned the most calories in that amount of time, compared with a rower, a stepper, and three other machines. But more important than the equipment you choose is *how* you use it. Use these tricks to make the most of every minute you spend sweating. —KAREN ASP



### CALORIES BURNED

20 minutes of running at a 9-minute-mile pace=  
**250 calories\***

20 minutes of vigorous cycling=  
**240 calories**

20 minutes of quick striding=  
**about 205 calories**

### BURN EVEN MORE!

Increase the incline half a percent at a time until you feel like you're working at an exertion level of 7 or 8 out of a possible 10. Or try intervals: 1-minute bursts of high-intensity exercise alternated with slower ones.

Add resistance and slow your speed; aim for 70 to 85 revolutions per minute. Be sure your seat is positioned so that even when your leg is extended, your knee is slightly bent.

Add incline or resistance. According to one study, moving at 125 or 135 strides per minute with added resistance burned more calories than going at a faster pace with no resistance.

\*All values based on a 150-pound woman. Heavier women will burn more, lighter women a little less.





For the treatment of  
postmenopausal osteoporosis...

**Do I want control  
over my morning  
routine?**

**Yes!**

**The mornings are all mine  
with new Atelvia™**

Atelvia™ is the first and only osteoporosis pill  
that you take immediately after breakfast, once  
weekly — so you can start your day your way!

**1-877-99-ATELVIA  
www.Atelvia.com**

Atelvia™ is a prescription medication to treat postmenopausal osteoporosis.

**Important Safety Information for Atelvia™ (risedronate sodium) delayed-release tablets**

You should not take Atelvia™ if you are on Actonel® (risedronate sodium), have problems of the esophagus which delay emptying into the stomach, have low blood calcium (hypocalcemia), have kidneys that work poorly, cannot stand or sit upright for 30 minutes, or are allergic to any of the ingredients.

Stop taking Atelvia™ and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Take Atelvia™ right after breakfast and follow dosing instructions carefully to lower the chance of these events occurring.

Side effects may include diarrhea, flu-like symptoms, stomach pain, upset stomach, or back, muscle, bone or joint pain, sometimes severe. Contact your doctor for medical advice about side effects, or if you have questions about Atelvia™. Promptly tell your doctor if you develop dental problems, as serious jawbone problems have been reported rarely.

**Please see the Brief Summary of Patient Information on next page or Full Prescribing Information, which includes the Patient Information, for Atelvia™ at [www.atelvia.com](http://www.atelvia.com).**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**



Atelvia™ is a trademark of Warner Chilcott Company, LLC.  
2798 December 2010

**Atelvia™** 35mg  
(risedronate sodium) delayed-release tablets  
**Start the day your way**



**Atelvia™ (risedronate sodium) delayed-release tablets**  
**Brief Summary of Patient Information**

**What is the most important information I should know about Atelvia?**

Atelvia may cause serious problems in your stomach and esophagus (the tube that connects your mouth and stomach), such as:

- trouble swallowing
- heartburn
- ulcers

You may feel pain in your bones, joints, or muscles

**Stop taking Atelvia and call your healthcare provider right away if you have:**

- pain when swallowing
- trouble swallowing
- chest pain
- new or worse heartburn
- indigestion or heartburn that does not go away

**You must take Atelvia exactly as your healthcare provider tells you to take it for Atelvia to work and to lower your chance of having serious side effects.**

**What is Atelvia?**

Atelvia is a prescription medicine used to:

- treat osteoporosis in postmenopausal women

**Who should not take Atelvia?**

**Do not take Atelvia if you:**

- take a medicine called risedronate sodium (Actonel®). Atelvia and Actonel contain the same medicine
- have certain problems with your esophagus, the tube that connects your mouth and stomach
- cannot sit or stand up for at least 30 minutes
- have low blood calcium (hypocalcemia)
- have kidney problems
- are allergic to risedronate sodium or any of the other ingredients in Atelvia. See the end of this leaflet for a complete list of ingredients in Atelvia.

**What should I tell my healthcare provider before taking Atelvia?**

**Before you take Atelvia, tell your healthcare provider if you:**

- have problems swallowing or other problems with your esophagus (the tube that connects your mouth and stomach)
- have kidney problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if Atelvia can harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if Atelvia passes into your breast milk. You and your doctor should decide if you will take Atelvia or breastfeed. You should not do both.

**Tell your doctor about all the medicines you take**, including prescription and non-prescription medicines, vitamins and herbal supplements. Using Atelvia with certain other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take:

- Actonel or other medicines to treat osteoporosis
- calcium supplements
- antacids
- laxatives
- iron supplements

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

**How should I take Atelvia?**

- Take Atelvia exactly as your healthcare provider tells you to take it.
- Take Atelvia 1 time a week right after breakfast. Choose a day of the week to take Atelvia that best fits your schedule.
- Take Atelvia with at least 4 ounces (about 1-half cup) of plain water.
- Take Atelvia while you are sitting up or standing. After taking Atelvia you must wait at least 30 minutes **before** lying down.
- Swallow Atelvia tablets whole. **Do not chew, cut, or crush** Atelvia tablets before swallowing. If you cannot swallow Atelvia tablets whole, tell your healthcare provider. You may need a different medicine.
- If you miss your weekly Atelvia dose, take Atelvia the morning after you remember then return to your usual schedule of 1 tablet on your chosen day of the week.
- You should not take 2 Atelvia tablets on the same day.
- If you take too much Atelvia, call your healthcare provider or go to the nearest emergency room right away.
- Your healthcare provider may tell you to take calcium and vitamin D supplements and to exercise.
- If you take calcium supplements and antacids they should be taken at a different time of the day from when you take Atelvia.

**What are the possible side effects of Atelvia?**

**Atelvia may cause serious side effects, including:**

**See "What is the most important information I should know about Atelvia."**

- **low calcium and other mineral changes in your blood.**
- **jaw-bone problems (osteonecrosis).** This can include infection and slow healing after teeth are pulled. Tell your healthcare providers, including your dentist, right away if you have these symptoms.

The most common side effects of Atelvia include:

- diarrhea
- flu-like symptoms
- muscle pain
- back and joint pain
- upset stomach
- stomach pain

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Atelvia. For more information, ask your healthcare provider or pharmacist.

**Call your healthcare provider for medical advice about side effects.**

**You may report side effects to FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

This is only a summary of important information about Atelvia. You can ask your healthcare provider or pharmacist for complete product information about Atelvia OR visit [www.atelvia.com](http://www.atelvia.com).



Marketed by: Warner Chilcott (US), LLC  
Rockaway, NJ 07866  
1-800-521-8813

0979G090

Revised December 2010

Atelvia™ is a trademark of Warner Chilcott Company, LLC.





You ask, she answers!  
Get sexual-health advice  
for real life from ob/gyn  
Hilda Hutcherson, M.D.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at [askhilda@redbookmag.com](mailto:askhilda@redbookmag.com).

**Q** *I've been married for 10 years. How can I ask my husband to do anything differently in bed at this point without hurting his feelings?*

**A** It's all in the way you present it! There doesn't have to be anything "wrong" for you—or any woman—to want to try something new or different. So the next time you and your husband are alone and in a good state of mind, just say, "I was having some sexy thoughts the other day..." and fill him in about what you want to do. Once things get started in the bedroom, encourage him by letting him know when he does something you really like—and gently guide his hands or body to where you'd like them if he goes off course. Men often get very turned on when their partners take the lead, so giving him some more direction could make the sex better for *both* of you.

**Q** *I have horrible migraines before my period. Is this common, and is there anything I can do?*

**A** About 9 percent of women have menstrual migraines, and they're tough to treat. We think they might be related to the drop in estrogen that happens right before your period—estrogen normally opens the blood vessels, so low levels may cause constriction and, therefore, pain. The upside to menstrual migraines? They're predictable, typically starting a few days before your period. Keep a diary to track when your headaches occur, what medications you take, and how well they work. Then start taking pain or migraine medication preventively several days before your headaches usually start. You may also want to talk to your doctor: Some women find that birth control pills help because they keep hormone levels more even.



Guide him to your...  
ahem... sweet spot.

**Q** *My best friend has had two traumatic pregnancies, and I think if she gets pregnant again, it would be the equivalent of suicide. I'm terrified of losing her. What can I do?*

**A** You can be there when she needs you, but the decision to attempt another pregnancy is one your friend will make with her partner, whether you like it or not. Even as a doctor, all I can do is tell someone what the risks are—and sometimes when I tell a woman she probably shouldn't get pregnant, she does it anyway. The urge to have a baby is sometimes stronger than reason. I remember one patient who had six C-sections, and after the last one her uterine wall was so thin that I suggested she stop having children. She got pregnant anyway, and the placenta penetrated through the uterine wall and attached to her bladder. She had a healthy baby via C-section but had to have a hysterectomy afterward. You might offer to go to the doctor with your friend and remind her to ask about the risks, but then you need to respect her choice.





**BLOATED**  
much?





Get a flat, healthy stomach from the inside out.

We know you're bugged by **belly bloat**, because it's a top-searched term on [redbookmag.com](http://redbookmag.com).

(Full disclosure: Health editors deal with it too.) But no one should put up with a **puffy, painful** tummy. Read this and finally fix what's up with your stomach.

By Lisa Singer Moran

**I** swear it seems like every woman I know has some digestive horror story to tell, usually involving five pounds of perma-bloat, cramps, or an embarrassing gas leak. My own low moment came years ago, when I scared off a really cute guy with a series of silent-but-deadly stinkers.

I'll bet you've been there. About 20 percent of Americans experience gas, bloating, constipation, diarrhea, or heartburn on a regular basis, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Women are more likely to suffer from tummy trouble, and rates of many digestive issues that more commonly target women—such as celiac disease and irritable bowel syndrome (IBS)—are on the rise. Yet many of us ignore persistent puffiness and pain, writing it off as either a normal by-product of everyday life or something we can't fix. Neither is true.

Doctors have a better understanding of digestive conditions today than they did just a few years ago, says Patricia Raymond, M.D., a gastroenterologist in Virginia Beach, VA. You owe it to yourself to use their expertise—and not just so you can zip up your jeans again. Research has linked untreated gastrointestinal issues like heartburn and bloating to serious health problems, including infertility and even cancer. For me, it took a trip to a dietitian after a few months of the toots to figure out that I was lactose intolerant. She instructed me to take a lactase enzyme before eating dairy, and bam!—no more bloat, cramps, or toxic gas. Use this checklist to zero in on your stomach issue and find the solution.

#### **CULPRIT #1** What you eat and drink

"When a woman comes into my office with stomach pain, over 75 percent of the time it's not Crohn's disease, cancer, or something more serious; it's what she's eating," Raymond says. And in today's go-go-go world filled with processed and convenience foods, it's no wonder. There are many possible offenders, so use a one-week food diary to find yours. "Write down everything you eat, noting when you have symptoms," Raymond advises. "When you're done, look



at what you ate or drank in the six hours before problems cropped up.” You probably know that salty foods make you puffy, but gas and bloating can also be the result of slow-digested starchy carbs (like wheat bread or pasta), high-fiber foods (such as beans), and sugars (real or fake); pain and feelings of fullness could be traced back to fatty foods (say, a burger and fries); and heartburn could be caused by acidic or spicy stuff (like coffee and citrus). Another pattern to look out for: intolerances to lactose (natural milk sugar), fructose (natural fruit sugar), sorbitol (a calorie-free sweetener found in candy and gum), and gluten (found in wheat, barley, and rye), which can cause anything from gas and bloating to full-blown diarrhea. For some of these issues, medication or supplements may help lessen symptoms, but for most the only cure is to reduce the amount you consume. That said, if you suspect a gluten sensitivity, don’t try to nix all wheat, rye, and barley on your own. See a gastroenterologist for a blood test for celiac disease—it’s a genetic disorder that can result in severe nutritional deficiencies if it’s not handled with a proper diet.

## CULPRIT #2 Your hormones

Weirdly enough, some stomach symptoms could be connected to your menstrual cycle. “Some women are constipated in the week before their period and then have loose stools during it, while others have the opposite,” says Jacqueline Wolf, M.D., a gastroenterologist at Beth Israel Deaconess Medical Center in Boston and the author of *A Woman’s Guide to a Healthy Stomach*. It may be because prostaglandins, hormones that encourage the smooth muscles in your uterus to contract, may also act on the smooth muscles in your intestines, interfering with digestion. If your problem is constipation, adding extra fiber and water to your diet may help keep things moving. And when the opposite occurs, try eating “binding” foods, like bananas, to calm your gut.



## HOW TO KNOW IF SOMETHING ELSE IS WRONG

If lifestyle changes don’t resolve your stomach issues in a week or so (or by your next period, if you suspect hormones are to blame), **see your doctor—and don’t hold back when describing your symptoms (trust us, they’ve heard everything).**

Women are more prone to serious ailments like IBS and colitis, which need medical treatment. General practitioners can refer you to a gastroenterologist for further testing. Most important, if you see a doctor who brushes off your symptoms, find a different one!

Another sneaky cause of stomach pain is endometriosis, a condition in which tissue from inside the uterus grows on the outside. The growths may irritate your intestines, or in some cases grow onto the bowel, which can cause cramping and diarrhea, especially during your period. Endometriosis is hard for docs to identify, and a diagnosis can take years, Wolf says. So if you suspect anything, see your ob/gyn right away.

## CULPRIT #3 Pills you pop

When was the last time you read the fine print on a drug label? Prescription pain meds, antidepressants, and antihistamines frequently cause constipation; antibiotics can cause diarrhea; and over-the-counter drugs such as aspirin, ibuprofen, and naproxen can lead to heartburn. “I see a lot of women suffering from GI issues that are caused by medications they’re taking,” Raymond says. Even calcium supplements can cause constipation, says Wolf. So if you’re taking a new vitamin, supplement, or drug, include it in your food diary and see if any patterns emerge. Probiotics like Florastor and Align have been shown to help counteract some of these problems.

## CULPRIT #4 Your crazy life

A stressful schedule creates double trouble for your stomach. “When we’re on edge, the muscles in our GI tract tense up, so nutrients and waste don’t move along,” says Ashley Koff, R.D., a Los Angeles–based dietician who specializes in digestive issues. Plus, when you’re crazed and eating on the go, you gulp down air that can turn to gas, Wolf says. What’s more, we tend to eat more junk food when we’re overwhelmed, which can trigger acid reflux. Koff’s secret weapon: muscle-relaxing magnesium, found in whole grains, green vegetables, and Natural Calm, a powdered supplement you can mix into tea. Sip it in the evenings during tense weeks to help you and your intestines unwind. ❸

## 4 EASY WAYS TO A FLAT AND HAPPY STOMACH

**1 EXERCISE MORE.** Add this to the long list of reasons you should be working out: “Exercise keeps things moving through your GI tract, which can help with constipation,” Wolf says. “It also decreases stress.”

**2 DITCH PROCESSED FOODS.** “When your body gets ingredients in whole form, it can efficiently digest and use them,” says Koff. But highly processed junk with a lot of preservatives, like Pringles, just sit in your stomach.

**3 BURN YOUR SPANX.** Tight-fitting clothes put pressure on your entire abdomen, and that can slow digestion, causing heartburn, constipation, and gas. One gastroenterologist told us: “Spanx are great for my job security!”

**4 LET IT OUT.** Holding in gas might be polite, but it can also end up hurting you. “Maybe not in public, but do head to the restroom to expel gas rather than hold it in,” Koff says. Otherwise, your bloating and pain will only get worse.



## FLOVENT helps prevent asthma symptoms, so she can breathe easier.\*

It's hard to watch your kid having a tough time breathing. Fortunately, FLOVENT can help. Taken daily as directed, it can help prevent symptoms before they start because it helps reduce airway inflammation, an underlying cause of asthma symptoms. FLOVENT is not for, and should not be used to treat, sudden symptoms. It won't replace a rescue inhaler.

FLOVENT is approved for use in children with asthma ages 4 and older. Can FLOVENT help prevent your child's asthma symptoms? Ask your doctor today.

### Important Safety Information About FLOVENT DISKUS

- Do not use FLOVENT DISKUS to treat sudden symptoms of asthma. **FLOVENT DISKUS is not a rescue inhaler and should not be used to give you fast relief from your asthma attack.** Always use a rescue inhaler, such as albuterol, during a sudden asthma attack.
- Do not use FLOVENT DISKUS if you have severe allergy to milk proteins or fluticasone propionate. Ask your doctor if you are not sure.
- Tell your doctor about the medicines you take and about all of your medical conditions. **Do not stop taking FLOVENT DISKUS, even if you are feeling better, unless your doctor tells you to.** If you miss a dose, just take your next scheduled dose when it is due. **Do not take 2 doses at the same time unless your doctor tells you to. If you are not sure about your dosing, call your doctor.**
- If you have not had or have not been vaccinated against chickenpox, measles, or active tuberculosis, you should stay away from people who are infected. You should avoid exposure to chickenpox, measles, and tuberculosis. If exposed, consult your healthcare provider without delay.
- FLOVENT DISKUS can cause serious side effects, including:
  - **fungal infections (thrush) in your mouth and throat.** Tell your doctor if you have any redness or white-colored coating in your mouth.
  - **weakened immune system and decreased ability to fight infections.** Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur. Symptoms of infection may include: fever, pain, aches, chills, feeling tired, nausea and vomiting. Tell your doctor about any signs of infection while you use FLOVENT DISKUS.
  - **decreased adrenal function (adrenal insufficiency).** Symptoms of decreased adrenal function include tiredness, weakness, nausea and vomiting, and low blood pressure. Decreased adrenal function can lead to death.
  - **allergic reaction (anaphylaxis).** Call your doctor and stop FLOVENT DISKUS right away if you have any symptoms of an allergic reaction: swelling of the face, throat, and tongue, hives, rash, breathing problems.
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
  - **slow growth in children.** The growth of children using FLOVENT DISKUS should be checked regularly.
  - **eye problems including glaucoma and cataracts.** Tell your doctor about any vision changes while using FLOVENT DISKUS. Your doctor may tell you to have your eyes checked.
  - **increased wheezing (bronchospasm).** Increased wheezing can happen right away after using FLOVENT DISKUS. Always have a rescue inhaler with you to treat sudden wheezing.
- **The most common side effects of FLOVENT DISKUS include** a cold or upper respiratory tract infection, throat irritation, nausea and vomiting, fever, and headache.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

\*Children ages 4 to 11 taking FLOVENT 50 mcg experienced improved lung function on a breathing test compared to placebo. Your child's results may vary.



Visit [myFLOVENT.com](http://myFLOVENT.com)

Please see summary of  
Important Safety Information about  
FLOVENT DISKUS on next page.

GSK  
for you

If you don't have prescription coverage  
and can't afford your medicines,  
visit [GSKforYou.com](http://GSKforYou.com)  
or call 1-866-GSK-FOR-U (1-866-475-3678)



GlaxoSmithKline

**FloVent Diskus** 50 mcg  
(fluticasone propionate  
inhalation powder, 50 mcg)



## Flovent Diskus<sup>®</sup> 50 mcg, 100 mcg, 250 mcg

(fluticasone propionate inhalation powder,  
50 mcg, 100 mcg, 250 mcg)

### BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

#### What is FLOVENT DISKUS?

FLOVENT DISKUS is an inhaled prescription corticosteroid medicine for the long-term treatment of asthma in people aged 4 and older.

- FLOVENT DISKUS helps to prevent symptoms of asthma.
- FLOVENT DISKUS does not treat the sudden symptoms of an asthma attack, such as wheezing, cough, shortness of breath, and chest pain or tightness. **Always have a fast-acting bronchodilator medicine (rescue inhaler) with you to treat sudden symptoms.**

It is not known if FLOVENT DISKUS is safe and effective in children younger than 4 years of age.

#### Who should not use FLOVENT DISKUS?

Do not use FLOVENT DISKUS:

- to treat sudden symptoms of asthma. **FLOVENT DISKUS is not a rescue inhaler and should not be used to give you fast relief from your asthma attack.** Always use a rescue inhaler, such as albuterol, during a sudden asthma attack.
- if you have severe allergy to milk proteins or fluticasone propionate. Ask your doctor if you are not sure.

#### What should I tell my doctor before taking FLOVENT DISKUS?

Before you use FLOVENT DISKUS, tell your doctor if you:

- have liver problems.
- have been exposed to chickenpox or measles.
- have any other medical conditions.
- are pregnant or planning to become pregnant. It is not known if FLOVENT DISKUS will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if FLOVENT DISKUS passes into your breast milk. You and your doctor should decide if you should use FLOVENT DISKUS while you breastfeed.

Tell your doctor about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. FLOVENT DISKUS may affect the way other medicines work, and other medicines may affect how FLOVENT DISKUS works. Especially, tell your doctor if you take:

- anti-viral medicines, including medicines that contain ritonavir (commonly used to treat HIV infection or AIDS).
- any other corticosteroid medicines.
- ketoconazole (NIZORAL<sup>®</sup>), an antifungal medicine.

This is not a complete list of medicines that can affect FLOVENT DISKUS. Ask your doctor if you are not sure if any of your medicines are the kinds listed above.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

#### How should I use FLOVENT DISKUS?

- Read the detailed Instructions for Use that comes with FLOVENT DISKUS.
- An adult should always watch a child use FLOVENT DISKUS to make sure that it is used correctly, as instructed by your doctor.
- FLOVENT DISKUS comes in 3 strengths. Your doctor has prescribed the one that is best for your condition.
- Use FLOVENT DISKUS exactly as your doctor tells you to use it. Do not change the dose yourself. Your doctor will tell you how many times to inhale your FLOVENT DISKUS and when to use your FLOVENT DISKUS. **Do not** inhale more doses or use your FLOVENT DISKUS more often than your doctor has prescribed.
- FLOVENT DISKUS delivers your dose of medicine as a very fine powder **that most people, but not all, can taste or feel.** Whether or not you can taste or feel your dose of medicine, you should not take more than the prescribed dose. If you are not sure you are getting your dose of FLOVENT DISKUS, contact your doctor or pharmacist.
- It may take 1 to 2 weeks or longer after you start FLOVENT DISKUS for your asthma symptoms to get better. You must use FLOVENT DISKUS regularly. **Do not stop using FLOVENT DISKUS, even if you are feeling better, unless your doctor tells you to.**
- If you miss a dose, just take your next dose at your regular time. **Do not take 2 doses at the same time unless your doctor tells you to. If you are not sure about your dosing, call your doctor.**
- Your doctor may prescribe a rescue inhaler for emergency relief of sudden asthma attacks. Contact your doctor right away if:
  - an asthma attack does not respond to your rescue inhaler or
  - you need more of your rescue inhaler than usual.
- If you also use another medicine by inhalation, you should ask your doctor for instructions on when to use it while you are also using FLOVENT DISKUS.
- Do not use FLOVENT DISKUS with a spacer device.

#### What should I avoid while taking FLOVENT DISKUS?

- If you have not had or have not been vaccinated against chickenpox, measles, or active tuberculosis, you should stay away from people who are infected.

#### What are the possible side effects of FLOVENT DISKUS?

FLOVENT DISKUS can cause serious side effects, including:

- **fungal infection (thrush) in your mouth and throat.** Tell your doctor if you have any redness or white-colored coating in your mouth.
  - **decreased ability to fight infections.** Symptoms of infection may include: fever, pain, aches, chills, feeling tired, nausea and vomiting. Tell your doctor about any signs of infection while you use FLOVENT DISKUS.
  - **decreased adrenal function (adrenal insufficiency).** Symptoms of decreased adrenal function include tiredness, weakness, nausea and vomiting, and low blood pressure. Decreased adrenal function can lead to death.
  - **allergic reaction (anaphylaxis).** Call your doctor and stop FLOVENT DISKUS right away if you have any symptoms of an allergic reaction:
    - swelling of the face, throat, and tongue
    - hives
    - rash
    - breathing problems
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
  - **slow growth in children.** The growth of children using FLOVENT DISKUS should be checked regularly.
  - **eye problems including glaucoma and cataracts.** Tell your doctor about any vision changes while using FLOVENT DISKUS. Your doctor may tell you to have your eyes checked.
  - **increased wheezing (bronchospasm).** Increased wheezing can happen right away after using FLOVENT DISKUS. Always have a rescue inhaler with you to treat sudden wheezing.
- Call your doctor right away if you have any of the serious side effects listed above or if you have worsening lung symptoms.

#### The most common side effects of FLOVENT DISKUS include:

- a cold or upper respiratory tract infection
- throat irritation
- nausea and vomiting
- fever
- headache

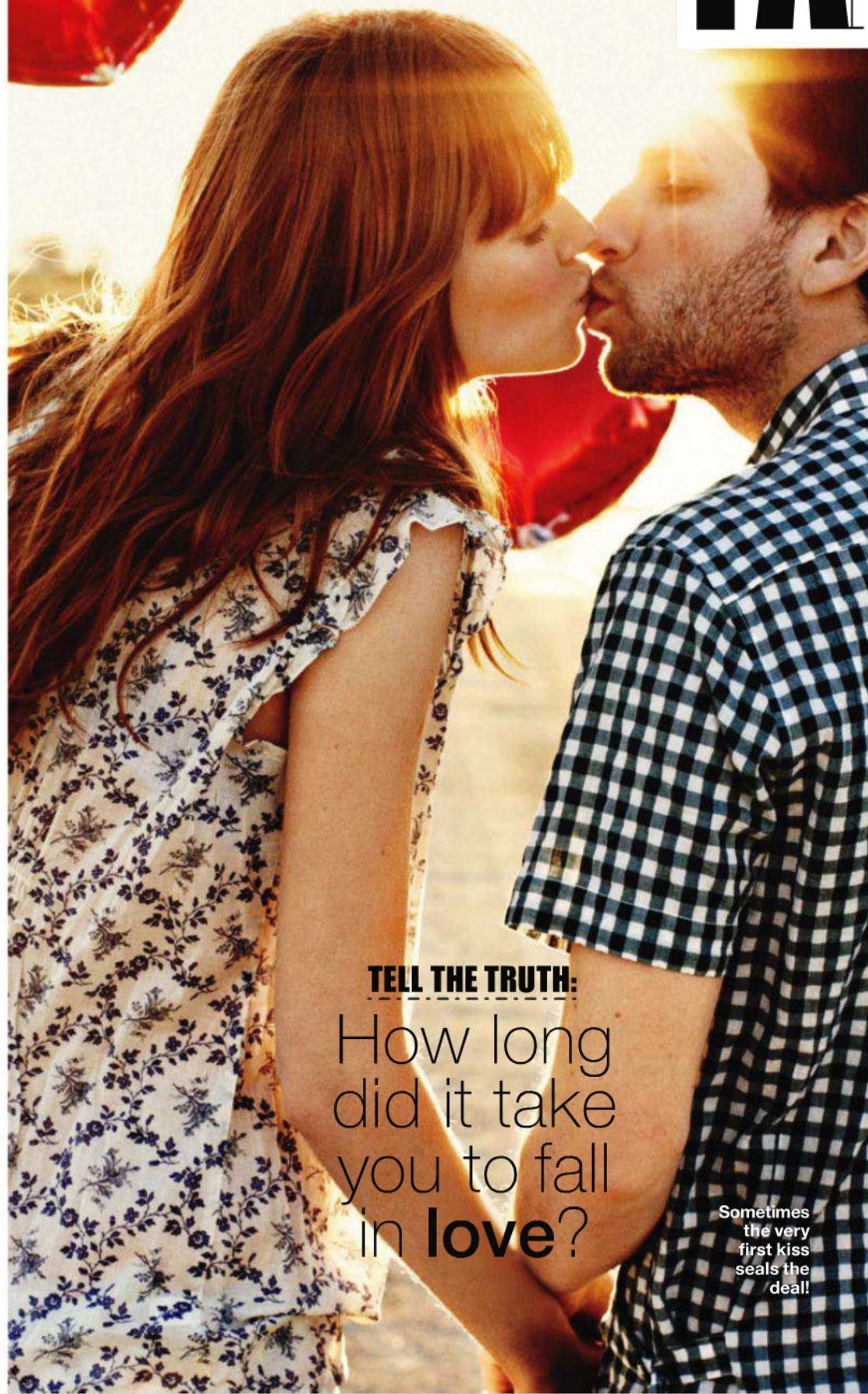
Tell your doctor if you have any side effects that bother you or that do not go away. These are not all the possible side effects of FLOVENT DISKUS. For more information ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or 1-800-332-1088.



# MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS



## TELL THE TRUTH:

How long did it take you to fall in **love**?

Sometimes the very first kiss seals the deal!

*"Five days. We were at this Italian restaurant and I was barely listening to her. All I thought was, Wow, I can't believe this. I called my mom and told her this was it. This girl was the one."* —MARTY RUKEYSER, 40, married to ASHLEY for 6 years



*"I had been dating my boyfriend for three weeks and knew he was special, but when he met my 12-year-old, I fell in love. She has Down syndrome, and when he treated her as if she were any other 'normal' girl, I knew he was the missing piece from our family."* —LISA BUTZER, 50, dating SCOTT for 9 years

*"I fell in love the first time I saw her in high school Spanish class. She was wearing these jeans, and let's just say they accentuated certain things."* —MARK GUINN, 39, married to REGINA for 12 years



*"19 years! We grew up together but never dated. Then, two years ago, we ran into each other—and we've been together ever since."* —LISA SULLIVAN, 41, married to FERRY for 1 month



## ARE YOU GETTING BETTER OR WORSE IN BED?

A recent University of Texas study found that women in their 30s and early 40s have higher sex drives and better and more frequent sex than 20-somethings. Another survey found that 81 percent of women over 40 say they're more adventurous in bed than ever before. It sounded a little too sexy to be true to us (don't lots of these women have kids?), so we decided to reality-check the findings with readers. Turns out, many of you are having great sex (woo-hoo!)—when you can find the time (wah-wah):

→ "I can't believe I'm admitting this, but I wasn't good at sex in my 20s. Now I'm more in touch with my body, and I'm also not shy anymore about communicating what I want—and that's taken things to a whole new level."

—CHAMEIN CANTON, 44, AMITYVILLE, NY

→ "I'm a mom who hasn't slept in years. I still have sexy thoughts and fantasies, but I'm usually too tired for action." —JENNIFER BARRON, 34, SARASOTA, FL

→ "Sex is definitely better. I am no longer worried about all the voices in my head: *Am I good enough? Do I know what I'm doing? What does my body look like?* As I've grown up, I've learned to stop trying to be perfect and enjoy myself!" —MICHELLE MORTON, 40, RALEIGH, NC

10



## Why your "angry face" scares him

Turns out there's a scientific reason why some men shut down during an argument (unscientifically known as "staring at you like, *duh*"). A recent study found that stressed men who looked at angry faces had diminished activity in the brain regions responsible for empathy and understanding. Researchers had men dunk a hand in ice water to raise their stress hormone levels, then showed them pictures of people with neutral and angry expressions. "When they viewed the angry faces, those areas of their brains became less engaged," says study author Mara Mather, Ph.D. "Basically, it becomes hard for them to interpret other's emotions." So next time you get mad at him, try to vent without the scowl. He'll be less likely to freeze, more likely to listen. —NICOLE YORIO

## Sex life road test OIL OF "O-YAY!"

When we heard about Zestra, a botanical oil that claims to increase pleasure when applied down there, we were intrigued—and skeptical. Did it live up to its reputation?

### COUPLE #1 E.V. and F.V., Hillsboro, OR

"I've had arousal issues since my son was born five months ago, so I was eager to try this. I was not disappointed. Five minutes after rubbing it on, I felt tingly. When my husband touched me? Wow! We didn't do anything different, but the sensations were far more intense, and I couldn't believe how fast I was, um, finished. I'm glad the kids weren't home—and kind of shocked the neighbors didn't come over to see what all the screaming was about!"

**PASSION FACTOR:**  
Smoking! 🔥🔥🔥

### COUPLE #2 A.M. and R.M., Gastonia, NC

"I've had no sex drive lately, and my husband and I have been very frustrated. When I told him about this experiment, he was thrilled that I showed initiative. The results: After three minutes, I was ready to go, and the sex was better than it has been for a while. I was a bit disappointed that it didn't make my orgasm more intense, but I would use it again to help me get in the mood."

**PASSION FACTOR:**  
Warm and fuzzy 🔥🔥



A little goes a loong way.



# Finally! A wrinkle-fighter for sensitive skin.

XXXXXXXXXXXXXXXXXXXX

Sensitive skin has its own challenges—your skin ages faster and wrinkles show up sooner. Up to now, you couldn't do much about it since most anti-aging ingredients can irritate your skin. Not anymore. Now you can fight wrinkles with all the power of a supercharged new wrinkle-fighter created, tested and proven on sensitive skin.

## New StriVectin-SD™ for Sensitive Skin.

### The new science of sensitivity.

New StriVectin-SD™ for Sensitive Skin aggressively fights wrinkles with powerful peptide actives— and no irritating fragrances, oils or parabens. This allergy-tested, dermatologist-recommended formula is engineered with our proprietary NIA-114™ molecule. Discovered in skin cancer prevention research to help rebuild skin layers, NIA-114™ also helps strengthen your skin's natural defenses against wrinkles and sensitivity.

### Created, tested and clinically-proven on sensitive skin.

Clinical tests prove it. Women who used new StriVectin-SD™ for Sensitive Skin for 8 weeks confirmed these results:

- Wrinkles visibly diminish: 82% agree
- Skin feels less sensitive: 76% agree
- Skin has healthy looking glow: 85% agree

#### See less wrinkles.

Fine Lines	✓
Static Wrinkles	✓
Dynamic Wrinkles	✓
Stretch Marks	✓

#### Feel less sensitive.

Irritation	✓
Dryness	✓
Tightness	✓
Blotchiness	✓



**StriVectin-SD®**  
8% NIA-114 + Peptide Actives™

**Order now at [strivectin.com](http://strivectin.com) or call 1-888-723-4641.**

Sephora

Bloomingdale's

Carson Pirie Scott

Ulta

Lord & Taylor

Dillard's

Nordstrom



# Hit refresh on your marriage with these new vows

## ♥ DARLING HUSBAND, I PROMISE...

...to start unclogging the bathroom drain myself instead of begging you to do it. It is all my hair down there, after all.

...not to expect witty, Noël Coward–esque banter over lo mein at Master Wok.

...that no matter how talented or photogenic I think our kids are, I will never become a momager.

...to give my full attention when you share the story of how your prom date was into another guy all night. Not because I still find it interesting after 89 retellings, but because if it's important to you, it's important to me.

...not to think, *Oh, wait—I hope I DVR'd Glee!* while we're getting it on. And definitely not to stop to check. (That's what Hulu is for.)



## ♥ DARLING WIFE, I PROMISE...

...that from here on out, the only evidence of my morning shave will be my smooth, clean face—not 2,547 little hairs sprinkled in and around the sink.

...never to be so lazy that I send you a text when we are both in the same house.

...not to mock you for crying during *The Bachelor* finale, even though we both know they'll break up before the reunion show.

...that for every pork sandwich I ingest, I will run or walk a mile.

...that I was kidding about having a Transformers-themed anniversary party. Sort of.



# SMART MOM

New *Pebbles Treats*:  
The colorful marshmallowy  
snack that gives kids  
6 essential vitamins  
and only 90 calories.



[pebblesplay.com/treats](http://pebblesplay.com/treats)

[pebblesplay.com/treats](http://pebblesplay.com/treats)



**COOL MOM**  
New *Pebbles Treats*:  
The colorful  
marshmallowy  
snack that gives kids  
the rockin' taste  
of *Pebbles*!





# Sex can fix it!

A little bedroom (or kitchen) fun can be like Krazy Glue for your relationship. Here's proof from the best experts: you.  
By Erin Zammatt Ruddy

Sex can help you deal with everything from **stress** to **fat days**.

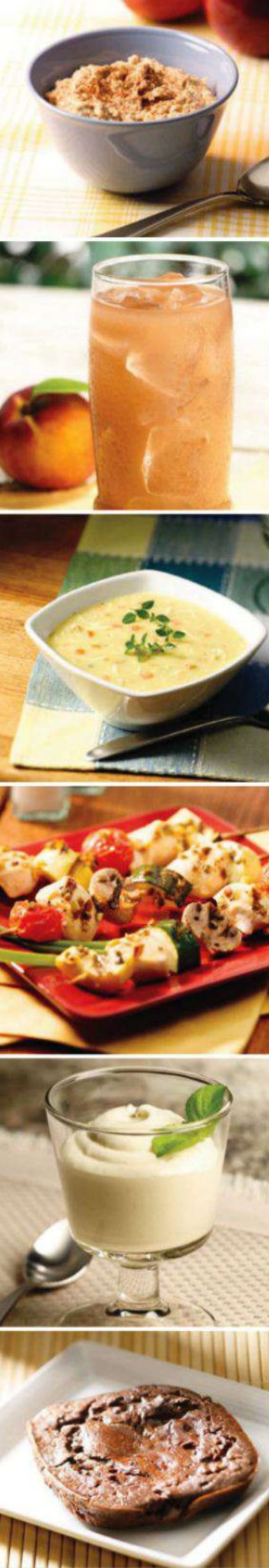
**T**he other day, my husband and I were bickering about how he loads the dishwasher—clichéd and stupid, yet contentious enough to make us both sweat. After a few venomous rounds, he huffed that he was going for a drive. When I finished rinsing entire meals from the plates he'd stacked the wrong way, I started to compose a text that laid out why he is such a jerk. Then I stopped and wrote this instead: "I'm sorry. Come home so we can have sex before the kids wake up from their naps." He did, we did, and the rest of the day went off without a hitch. We were calmer, kinder, less on edge. It was like we'd both taken happy pills and all the excess noise (and there is a lot of it in our house) faded away.

You're wondering how I got from wanting to throttle my husband to hopping in bed with him, right? I'll be honest: I was inspired by the experts and women I interviewed to find out what sex could and couldn't do for a relationship. I've always known that we get along better when

we're having lots of sex, but I'd never tried the quickie fix. It's the antidote to the snapping, nitpicking, nasty-talk trap we sometimes fall into. "Sex can smooth out so many bumps in the road," says Linda Banner, Ph.D., a sex therapist and researcher in San Jose, CA. "It's good for you, him, and your relationship."

Basically, sex arms you with positive vibes toward your partner, thanks to the release of the bonding hormone oxytocin. But beyond working wonders in the immediate, wand-waving way, sex also plays a powerful role in the big picture of a relationship. "It's the cement in a marriage—studies prove that there is a direct correlation between physical intimacy and emotional satisfaction," Banner says. On the flip side, if there are bigger problems in a relationship, sex is the most obvious place it will show up; deep anger or resentment can manifest as a lack of desire, she explains. If you're having a major communication breakdown (more serious than, say, a difference in dishwasher-loading techniques), sex probably isn't the answer. But if you two are solid, regularly jumping in the sack together can help you deal with everything from money stress to fat days. Not convinced? Keep reading, and you will be. ➤





Jackie lost  
**100 lbs**

*Results not typical.*



Before

# “Now, I’m able to look in the mirror and smile.”



“I am a mother of four children and I gained a lot of weight during my pregnancies. I managed to lose the weight until the third child; trying to lose weight at age 40 was an entirely different ball game. At 247 lbs, I felt the real me was trapped in an overweight person’s body and I couldn’t get out. Now, I’m able to look in the mirror and smile.”

**Lose up to 2 to 5 lbs a  
week with Medifast—  
and **SAVE!****

**\$25\* OFF** (use code **RBMRCH25**)  
**OR**

**\$50\* OFF** (use code **RBMRCH50**)

Call **(800) 971-7295** or  
visit **MedifastBook.com**

\*Save \$25 on your purchase of \$150 or more, or save \$50 on your purchase of \$275 or more. Limit one per customer. Not valid with prior purchases, V.I.P. Membership, or any other promotions or discounts. Offer expires 04/30/11. See Web site for complete details on program and discounts. Consult your physician before beginning a weight-loss program.



# Medifast®

Recommended by over 20,000 doctors since 1980.



# SHRINK AWAY

# FLATTEN AWAY

# FADE AWAY



## Treat Scars - New and Old

ScarAway introduces **Patented Silon® Technology**, trusted and used by Burn Centers, Plastic Surgeons and Hospitals around the world. Now, the same technology is available to you, without a prescription. Finally, a real solution for scars.

All Skin Tones • All Ages  
[www.MyScarAway.com](http://www.MyScarAway.com)

©2010 Mitchell-Vance  
Laboratories LLC



Walgreens DUANEreade Fred Meyer  
and other fine retailers

# ScarAway®

The Solution for Scars™

## Silicone Scar Sheets

Silon® is a registered trademark of Bio Med Sciences, Inc.

## JUST YOU TWO

Sex can fix...

### *a big blowup*

Every once in a while, you have an argument so heated that even when you make up, the tension lingers. Jo, 34, and her fiancé discovered this after a war of words on her birthday. "It involved our mothers and had been brewing for a while, so it got nasty," she says. "We apologized, but that night while we watched TV, the fight was still hanging in the air." That's when Jo had what seemed like a radical idea. Rather than let the awkwardness remain and cause a potentially damaging riff, why not get right to the make-up sex? So Jo asked him to make love to her. "He was surprised but happy," she says, "and the tension vanished." Bonus: The adrenaline and competition of an epic fight can translate into serious passion. The only caveat, says Logan Levkoff, Ph.D., a New York City sex educator and author of *Third Base Ain't What It Used to Be*: Don't rush it. "If you're still steaming, you'll feel so disconnected from the sex that it could do more damage than good. After, you may feel resentful and wind up being angry with yourself and him. But if the major issues are resolved, make-up sex is a great way to clear the air."

Sex can fix...

### *general crankiness*

Lucy, 32, a New York City newlywed, realized the power of getting it regularly when she and her husband went through a dry spell during the first trimester of her pregnancy. "I was so exhausted that we weren't having much sex, and it showed—we were cranky and had less patience," she says. "Once I felt better and we got back to our usual routine, it was like, 'Ahhh, you're wonderful.' The snippy fights went away." Courtney, 33, from Detroit, concurs: "Even when my husband is driving me crazy, having sex can make me forget I was ever mad. Maybe it's just the hormones, but it works every time!"

Sex can fix...

### *a lagging libido*

It may seem counterintuitive, but studies show that the more a woman has

sex, the more she wants sex. "It's not just the physical libido at play, but having sex reminds you, *Oh, right, I like pleasure! Intimacy is good!* As busy women, we often forget this," Levkoff explains. Marion, 31, a mother of two in Huntington, NY, completely agrees: "My husband and I are feast or famine when it comes to sex," she says. "But I think about it—and want it—way more when we're in feast mode. I find myself getting the kids to bed earlier so I can be ready when he comes home. It becomes a craving."

Sex can fix...

### *the lure of temptation*

When Marie, 35, a mother of two in Ormond Beach, FL, started getting Facebook messages from an ex-boyfriend, it messed with her head. "I started thinking about this guy way more than I should have," she admits. "I even dragged my friends to a bar because I thought he would be there." One night soon after, her husband wanted to have sex and she turned him down—and immediately realized she needed to get a handle on things. "I thought, *What am I doing? I love this man. I love my life.* The next night I initiated it, and for the rest of the week we had a ton of sex. It was just the thing to snap me back to reality. I didn't want some other guy—I just wanted some excitement!"

Sex can fix...

### *stress freakouts*

"When you're a busy working woman, or married with kids, or all of the above, it's so easy to forget that having sex is even important," Levkoff says. "But whether it's five minutes or an hour, sex can truly relieve the stress of all your to-do's." Just like any type of exercise, getting physical in bed works tension out of the muscles, and the exertion calms your mind. Add to that the burst of feel-good endorphins you get during orgasm and you've got a magic tension cure. "Because I work with a lot of people on the East Coast, I wake up every morning to dozens of emails," says Kathleen, 28, from San Diego. "Usually I wind up yelling at my crappy coffeemaker or the





It's the perfect reminder that **you're sexual beings**, not just two people running a household together.

car in front of me on the way to work. But on mornings that start off with a romp, I don't even notice that stuff. If the coffee doesn't brew, I make tea!" I can attest to this one too. My husband and I throw a huge holiday party every year, and during the week leading up to it, I'm a crazy woman. Rather than heating up the bedroom, I lie there panicking about hypothetical problems. But last year, on the day of the party, I made a point of "reconnecting" with my husband. Having sex with him reminded me that there are more important things in life than what the \$!?!@ we'll do if we run out of champagne.

### Sex can fix... *body blahs*

"The other day, the bathroom scale informed me that I had gained three

pounds, so I got in the shower pouting," says Sarah, 33, of Starkville, MS. "Then my husband jumped in, and let me tell you, morning shower sex can turn a bad day around!" Afterward, she looked in the mirror and "I definitely didn't feel frumpy. I was glowing!" she says. Sex is especially great for post-kid body image, says Levkoff: "It shows us that we're still desirable, not just a leftover body with extra stretch marks." Kristin, 34, a mom who runs a cookie business out of her home near Boston, is proof: "The biggest thing for me is that sex can make me feel beautiful still. I spend so much time in sweatpants, covered in dough, that sometimes I forget! But hearing my husband say how hot I am keeps me in touch with that part of myself."

### Sex can fix... *kid overload*

Got kids? Then sex is even more essential, Banner says: "It's the perfect reminder that you're sexual beings, not just

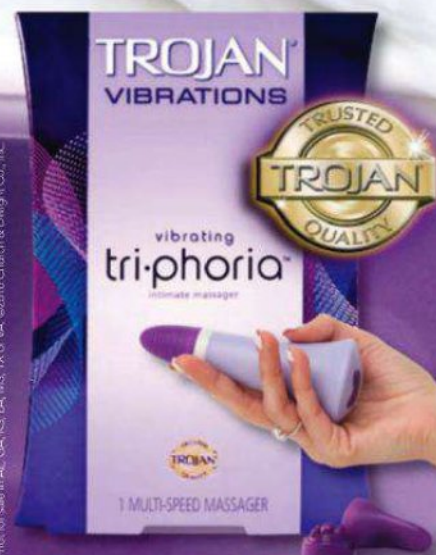
two people running a household together." Despite having a 10-month-old who often sleeps in their bed, Taylor, 26, of Austin, TX, and her husband have kept their sex life intact. "It's all about the quickie—we snag it when and where we can to keep in touch with the 'adults only' part of our relationship." Christi, 33, of Knoxville, TN, makes sure to initiate sex at least once a week for the same reason. "After being home with two kids all day, I'm tired and usually *think* I'm all touched out," she says. "But once things get going, I always say, 'We have got to do this more often!'" That's how we all feel after a mind-blowing—or even just pretty good—roll in the sack. So if you're lying in bed next to your guy and reading this, put down REDBOOK! You know what to do. ®

## Spice up your *Love Life!*



Spice things up with the amazing  
**NEW! Vibrating Tri•Phoria® Intimate Massager**

- 24 unique pleasure combinations
- 5 speeds and 3 pulse patterns
- 3 interchangeable tips & it's waterproof



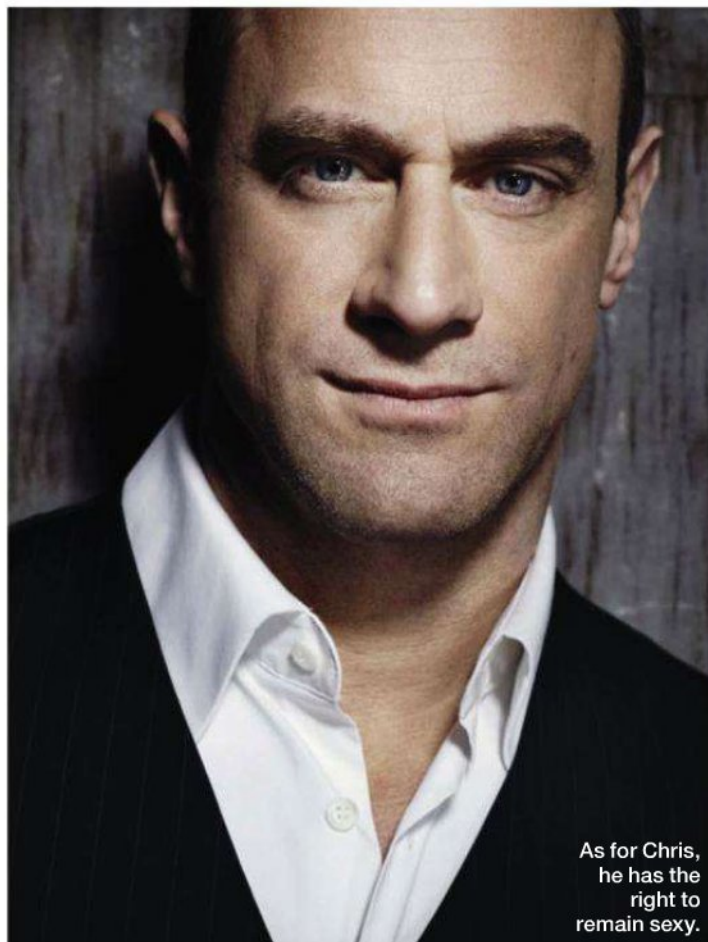
**ORDER NOW!**

Go to **TrojanRedbook.com**  
or Call **800-660-0519**



## Christopher Meloni can read us our rights anytime

On *Law & Order Special Victims Unit*, he nails criminal scum. At home, he scales rooftops for his little girl. This guy is hero material!



As for Chris, he has the right to remain sexy.

### CHRISTOPHER AT A GLANCE

Before bed, he...



**STRETCHES HIS QUADS**  
“I use a foam roller. Now *that’s* romantic!”

Favorite TV show:



**BREAKING BAD**  
“It’s amazing storytelling when you cheer for a meth dealer.”

Kitchen talent:



**CHILI**  
“I make a real *phat* batch of chili.”

**You and Mariska [Hargitay] have been onscreen partners for 12 seasons. Did you hit it off right away?**

Yeah, and you know, it’s been kind of like a marriage: figuring out each other’s viewpoints, how we operate in the world, that sort of thing.

**You have two kids [Sophia, 9, and Dante, 7], and Mariska is Sophia’s godmother, right? They’ve always been very sweet with each other. Sophia was just at the set yesterday, and first thing she said was, “Where’s Mariska?” And the last thing she said before we went home was, “Wait, Daddy, I’ve got to say good-bye to Mariska.”**

**You and your wife have had your own successful run. Married 15 years! What advice do you have for a newlywed?**

State your case clearly but be open to listening to where the other person is coming from. But that’s so much easier said than done. I tell you what, I’ll boil it down to this: Breathe.

**Breathe?**

Breathe. Just breathe.

**What’s one mystery you’d love to solve about your wife?**

I’d like to solve the mystery of how she’s able to get along with pretty much anybody and everybody. She just has this certain... well, that’s where the mystery is. She gives off some sort

of pheromone where people just like her. She’s such an easygoing energy to be around.

**Is that one of the things that drew you to her in the beginning?**

Hells yeah! That’s why I married her!

**You’ve got a pretty heroic role on *SVU*. What’s one of your most heroic moments as a father?**

One year on Christmas Eve, I stayed up with my daughter because she wanted to meet Santa. She crashed out, so I put her to bed, put the presents down, then climbed out on the roof—because we’d left a tray of carrots and apples for the reindeer—and I had to go bite into all of them. And let me tell you: It was icy. And it was dark. And cold.

**Now *that’s* a dedicated dad.**

I think that’s my greatest moment as a father.

**Speaking of great moments, you finished second on *Celebrity Poker Showdown* a few years ago. What’s the secret to the perfectly unreadable poker face?**

Breathe.

**Back to breathing. Okay, what’s the best way to pull off an outlandish bluff?**

I can’t tell you that! I just won \$300 last weekend. If any of my friends got their hands on REDBOOK, I’d be toast. —HOLLY HAYS



PANCAKE, TURKEY SAUSAGE,  
WOODEN STICK.  
PROOF CHILDHOOD  
DREAMS DO COME TRUE.



New Jimmy D's helps your kids reach their full potential.  
Made with Turkey Sausage wrapped in a Pancake for  
a taste kids love, it's a great way to start their day right.



**Friend spats and family tiffs!** Avoid a full-blown incident with these wise words from Karen Karbo.



Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel*.

## Stay home, Sis

I love my sister, but every time I plan a family vacation, she insists on coming along with her husband and kids. We don't enjoy ourselves with everyone there, but I can't figure out how to disinvite them. I'm at the point where I hide my plans from her! Please help.

—L.M., 38, FORT LAUDERDALE, FL

Consider this: If the next time you planned a vacation you told your sister it was for your family only, what would happen? She'd be disappointed and/or miffed for a few days, she'd probably complain to her husband and maybe your mom, but then... she'd get over it. Don't act like you're dropping a bomb when you bring up taking separate vacations. Simply say, "You know I love you and your gang, but this year we're going to do the vacation thing by ourselves for a change of pace." There's a lot of deception going on right now (making plans behind her back, acting like you're having fun when you're *not*), and over time this will erode your connection. Even if she doesn't respond well at first, speaking your mind this way will be better for your relationship in the long run.

## How could she say that?

Last year my husband and I had a stillborn son. My mother-in-law didn't come to the funeral. Then, several months later, she joked to my husband that we "owed her a grandson." I was so hurt that I haven't been able to talk to her since. She did apologize to my husband, but not to me. How do I forgive her? —J.D., 37, PASADENA, MD

First, I'm so sorry. I can't imagine how difficult your loss must be. As for your mother-in-law, well, my advice is to give it time. People experience grief in many ways. Your mother-in-law's hurtful and, frankly, idiotic comment may have been her way of coping: a reminder to herself as well as you that life moves on. But you're not under any obligation to let this go before you're ready. Real forgiveness doesn't exist until we feel it. Eventually—it might be months or even years—you'll find yourself softening a little and will be ready to forgive her.

## Is my husband up to something?

I checked my husband's phone messages, and he'd texted "You're the best" to his secretary about some work she'd finished. She responded, "I know. LOL." That doesn't sound professional. And it makes me jealous. Should I be worried? —S.R., 41, OXFORD, CT

Text-speak is casual—like wearing jeans to work on Fridays. Sounds like a harmless joke to me, so unless you want to drive yourself nuts, stop checking his texts!

## She's being a lousy friend

Things have gotten weird with an old friend. She only seems to want sporadic contact and constantly cancels plans. But if I ignore her, she tracks me down! The only thing we do consistently is chat on Facebook. Should I just give her the boot? By the way, she's trying to work things out with her ex-husband.

—V.C., 41, POMONA, CA

Odds are your friend is behaving erratically because of stuff that's going on in her life (getting back together with an ex is scary enough to give anyone a personality disorder). Unless her behavior hurts so much that you need to cut her out of your life, try to go with the flow. Chat on Facebook. If she makes a date, then cancels, ask her why and tell her how it makes you feel. Disrespected? Just plain hurt? She probably thinks it's no big deal to you—after all, she can't read your mind! Part of being friends, now and forevermore, is giving the other person the benefit of the doubt. So do that, and also be honest about *your* feelings; you might be surprised by how your friendship deepens.

## Need advice?

Send your questions about friends, family, coworkers, and anyone else to [karenkarbo@redbookmag.com](mailto:karenkarbo@redbookmag.com). Include your initials, age, city, and state. Letters may be edited for clarity and length.



"I talked to my doctor about my unresolved depression symptoms. I'm glad she recommended adding ABILIFY."

Actor portrayal

## Right now is the time to talk to *your* doctor.

If you've been taking an antidepressant for at least 6 weeks but still have depression symptoms, one option your doctor may consider is adding ABILIFY.

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

### Antidepressants\*

including:

Lexapro®

Zoloft®

Prozac®

Effexor XR®

Paxil CR®

+



Some people have had symptom improvement as early as 1 to 2 weeks after adding ABILIFY.†

### Important Risk Information about ABILIFY

- Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY, call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression
- Elderly dementia patients taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for these patients
- Call your doctor if you have high fever, stiff muscles, confusion, and increased heart rate or blood pressure—these may be signs of a rare but life-threatening condition called **neuroleptic malignant syndrome**

\* Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), and Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

† Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

Get a **FREE**  
Trial Offer for  
**ABILIFY**†

Visit **ABILIFYmePlus.com**

† Restrictions apply

- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes**, or have risk factors or symptoms of diabetes, your blood sugar should be monitored regularly. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include dizziness upon standing, decreases in white blood cells, which can be serious, seizures, impairment in judgment or motor skills, and trouble swallowing. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please read the additional Important Information about ABILIFY on the adjacent page.**

Take the next step—  
talk to your doctor about  
the option of adding ABILIFY.

Visit **ABILIFYmePlus.com**.

**ABILIFY**  
(aripiprazole)  
2 mg, 5 mg Tablet

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to [www.pparx.org](http://www.pparx.org)



Partnership for  
Prescription Assistance



Bristol-Myers Squibb



Otsuka Otsuka America Pharmaceutical, Inc.





## IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

### Name

**ABILIFY®** (a-BIL-i-fi) (aripiprazole) (air-ri-PIP-ra-zoll)

### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

### What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

### What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

### Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

### What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

**Stroke or ministroke in elderly patients with dementia:** An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

**Neuroleptic malignant syndrome (NMS):** Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

**Tardive dyskinesia (TD):** Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

**High blood sugar and diabetes:** Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

**Orthostatic hypotension:** Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

**Leukopenia, Neutropenia, and Agranulocytosis:** Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

**Suicidal thoughts:** If you have suicidal thoughts, you should tell your healthcare professional right away.

**Dysphagia:** Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

### What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

### Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

### What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

### What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit [www.abilify.com](http://www.abilify.com). Talk to your healthcare professional if you have questions or develop any side effects.

### What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

### Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines\* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

### How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

### General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMLT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

### Find out more about ABILIFY:

Additional information can be found at [www.abilify.com](http://www.abilify.com)

\* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA. Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

©2009 Otsuka America Pharmaceutical, Inc., Rockville, MD

570US08CBS01603 0309L-2757 D6-B0001D-11-09-MDD November 2009





Put that thing down! (No, we're not talking about your child.)

## "I'll hug you after this email, Honey"

Does your 8-year-old have to friend you on Facebook just to find out what's for dinner? Extreme, maybe, but not far off: "Kids' biggest competition for your time today is your laptop and cell phone," says Sherry Turkle, Ph.D., author of *Alone Together: Why We Expect More From Technology and Less From Each Other*. But with her few basic rules, you can keep your family connected in the ways that really count.

**Rule #1: Family meals are no-tech zones.** "Never bring your laptop or phone to the table—no exceptions!" says Turkle. Make meals a sacred space where your kids can talk about homework, Harry Potter, or that smelly "science project" they're growing under the bed.

**Rule #2: They should have you at "hello."** Turkle talked to 300 children for her book. Their most common complaint? "Mom is always on her phone when she picks me up at school or comes home from work." So be available then, she urges: "Kids crave eye contact and total focus at the end of the day, because it shows them they're your priority."

**Rule #3: Hold (most of) your calls.** "Answering one important work call isn't a problem," Turkle says. "It's the sense that you'll answer anytime, anywhere that upsets kids. Say, 'I have to take this one, but other than that, I'm all yours.'" —MARISA COHEN

## FORGET SEX—HAVE THE LOVE TALK

You're prepared to explain the birds and the bees—eventually. (Hopefully not tonight!) But should you also be talking to your kids about romance, crushes, and falling in love? Definitely, says D'Arcy Lyness, a child psychologist and the behavioral health editor at [kidhealth.org](http://kidhealth.org). "Open the dialogue about love while your kids are young and they'll continue to see you as someone they can talk with freely and frequently," she says. How do you get the conversation started?

"My kids always see me hugging my husband, telling him—or them—what I love about him," says Jill Roybal, 39, a San Diego mom who has five kids, ages 4 to 11. "That's how they know what love is and how to express it." And no matter what her son and daughter came home with—a crush, a date, a major case of the girl cooties—Sandy Zimmerman, 50, a mother of two in Frederick, MD, never laughed. "If I told them, 'You're too young to know what love is' when they were 7, if I judged them, they would have stopped coming to me." Her kids are now 13 and 18 and still talk to her about *everything*.

Another trick: Tell them about your past crushes. A lot of kids are embarrassed about these new feelings, Lyness says; they want to know they're normal. "I've told all my kids about my grade-school boyfriends," Jill says. "They need to know that everyone has been there, even Mommy." —ERIN ZAMMETT RUDDY

## HOW HE DOES IT

"When my daughter was 14, she and my wife got into a lot of fights that ended with my daughter slamming her bedroom door. So one morning after she left for school, I took her door off its hinges and stuck it in the garage. When she came home, I told her that having a door is a privilege. After two weeks of no privacy, she got the message!"

—BOB PANTOJA, ALISO VIEJO, CA



FROM TOP: ROBERT HOUSER/GETTY IMAGES, MARIE DUBRAC/ANYONE/GETTY IMAGES.

Do you @#\$!! over spilled milk? According to a recent survey, 61 percent of parents say that they sometimes curse in front of their kids.



## Kim Raver, interviewed by her son Luke, 8



Over milk and cookies, the *Grey's Anatomy* star and her little boy get down to the deep stuff.

**Luke:** Okay, Mom, I have a really good question: How much do you weigh?

**Kim:** *[Laughing]* Let's not go there. That's one of those questions I've told you to never ask a woman, so of course that's the first thing you ask!

**Luke:** Come on, Mom!

**Kim:** Next question.

**Luke:** What should I teach [my 3-year-old brother] Leo?

**Kim:** I love how you are so protective of him. I guess if there was something I'd want you to teach him, it would be to be kind and learn to share like you do.

**Luke:** But Mom, he won't even share his lemonade with me! And he took *all* the waffles this morning.

**Kim:** He knows you're the big brother so he'd better get as many as he can while the getting's good!

**Luke:** What do you know about being a doctor, now that you're on *Grey's Anatomy*?

**Kim:** I've learned how to say really big medical words! And I'm learning how to do stitches, which is fun because it's like sewing. I felt like I should know exactly what to do when Leo banged his head at the airport, but I was just another worried parent in the ER trying to make my son better.

**Luke:** When can I babysit Leo?

**Kim:** How about when you're 30? I'm just kidding. When you're 12 or 13.

**Luke:** Remember when I got to stand in for someone on *Grey's Anatomy*? It was fun being rolled around on one of those tables. Would you ever want me to be on TV with you?

**Kim:** I would love that!

—ADAPTED BY LORI BERGER



Kim gets to do the examining on ABC's *Grey's Anatomy*.



GOODNIGHT MOON Copyright © 1947 and Renewal Copyright © 1975 Albert Clarke III and John Thacher Hurd.  
Curious George and related characters, created by Margret and H. A. Rey, are copyrighted and trademarked by Houghton Mifflin Harcourt Publishing Company and used under license. Licensed by Universal Studios Licensing LLP. All rights reserved.  
Counting Kisses Copyright © 2001 by Karen Katz. All rights reserved.  
Hallmark Cards Inc.

# BEDTIME is **NOT** for SAYING "GOODNIGHT."

It's for sharing favorite stories,  
even when you're apart.

NEW RECORDABLE  
CLASSIC STORIES. ONLY  
AT HALLMARK GOLD  
CROWN STORES.



HALLMARK RECORDABLE STORYBOOKS play your voice reading every page. Use our Voice-Save Technology to record your favorites, and you'll be home to tuck in little ones no matter where you are. So bedtime will always be a special occasion.

Life IS A SPECIAL OCCASION.  




# The power of “you’re pretty”

Allison Pearson felt bad about almost everything she saw in the mirror—until her daughter gave her one priceless compliment.



**W**hen it comes to banishing physical vanity and delight in your own body, a Welsh Baptist mother makes the Taliban look like amateurs. I know because I have one. Women of my mum's generation and background seemed convinced that encouraging your child to feel good about her appearance would result in a visit from a vengeful God who, by the way, also disapproved of fashionable clothing. I don't think my poor mum, a total babe when she was young, ever had a compliment from her mother. So when I was a teenager and wasted whole days worrying about my weak points (I had an oily T-section, the figure of a ballpoint refill, my nose was too long, my neck too short), my mother could never reassure me that

I looked pretty. So I never felt pretty. Women hand down insecurity to the next generation of women, and it deepens like a coastal shelf. But it needn't, not if we don't let it.

One day last June, my 14-year-old daughter, Evie, and I were sharing an ice cream cone on the swing seat in the garden when she said to me, “You’re really pretty, Mum,” and laid her head against my cheek. I froze, even though it was a summer’s day. I knew that if I spoke, I would cry. Hearing my child tell me what my mother never could opened a new chamber in my heart.

My instinctive reaction was to contradict Evie. But in that moment, I knew it was not me but my daughter who would be hurt if I started to recite those familiar weak points. If I could learn to take and, more important, to give a compliment, then I could help her feel good about herself in a way my mum never could help me.

So for Evie’s sake, I have forced my leaden, critical tongue to learn a new vocabulary of praise and appreciation. I tell my lovely daughter, who has inherited her father’s heart-shaped face and fine eyes, that she is gorgeous. I’ll do it sometimes just because, but especially when she yells, “I have the worst hair in school!” or identifies some other nonexistent flaw.

The funny thing is, complimenting my darling daughter has helped me appreciate something I could never see for myself: That awkward, bookish girl who compared herself with a ballpoint pen, well, she was really quite adorable—and has grown into a woman whose daughter thinks she is pretty. And although there are still days when Evie is harder on her own appearance than a Marine sergeant on a new recruit, I sense that deep down, she’s starting to take pleasure in her looks. The cycle of insecurity is being broken. I may not live to see a granddaughter of mine, but one thing I know for sure: She will grow up feeling that she is beautiful. Because her mother will be sure to tell her so. ®

*Allison Pearson is the best-selling author of I Don't Know How She Does It. Her new novel, I Think I Love You, was just released by Alfred A. Knopf.*



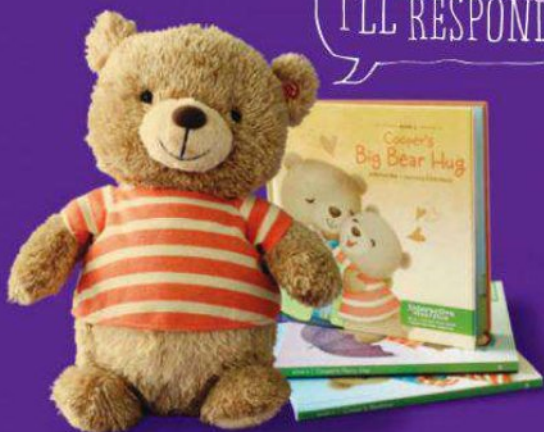


\*FREE Cooper's Big Bear Hug book with the purchase of Cooper Bear Interactive Story Buddy (regularly \$39.99, while supplies last). One free Cooper's Big Bear Hug book per Cooper Bear Story Buddy. Not valid on past purchases. Tax not included.

© 2011 Hallmark Cards, Inc.

STORYTIME  
*is* **NOT** *for*  
SITTING QUIETLY.

It's for bringing stories  
to life in a whole new way.



YOU READ &  
I'LL RESPOND.

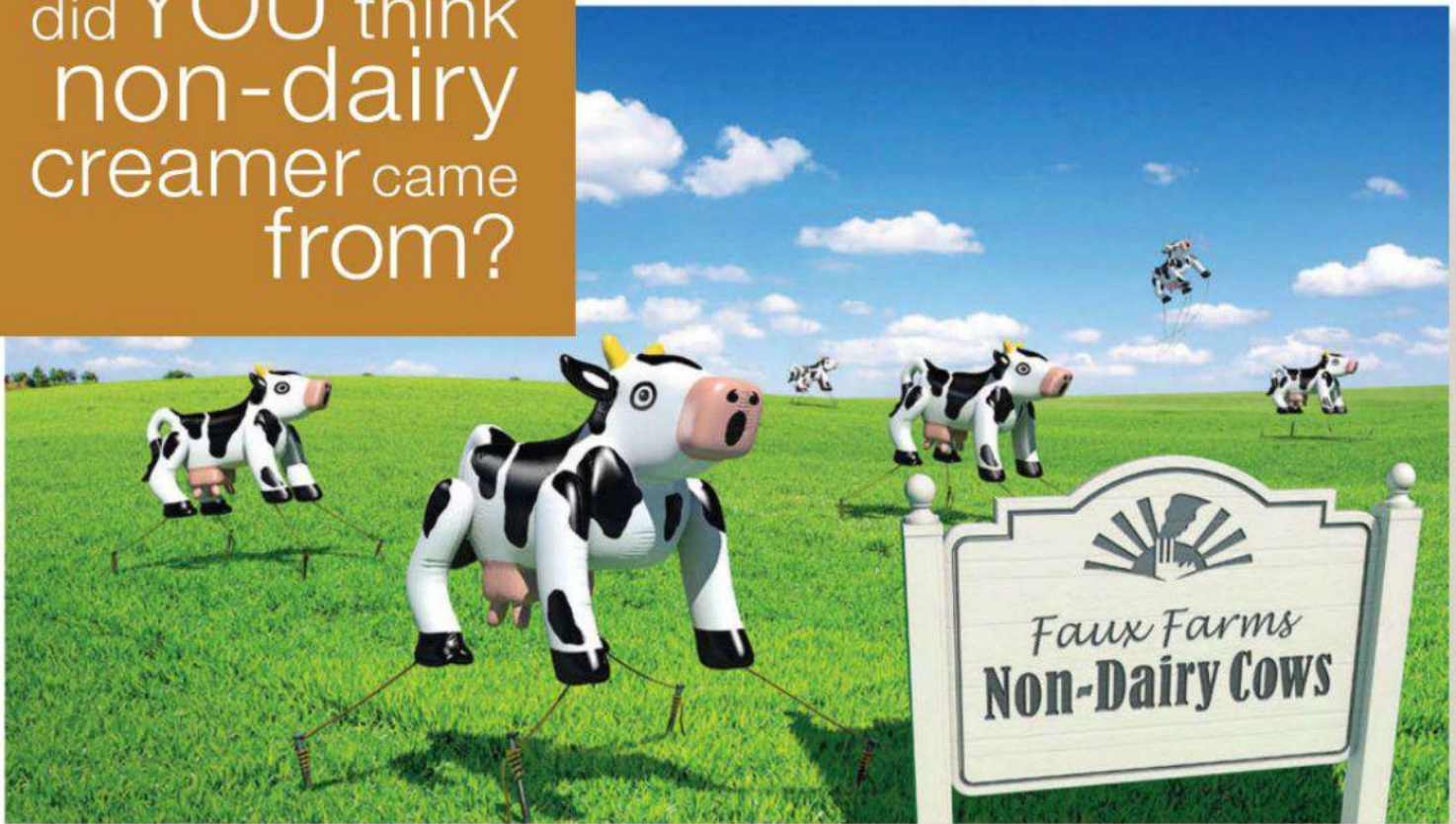
**NEW HALLMARK INTERACTIVE STORYBOOKS & BUDDIES** make storytime an adventure you'll enjoy together. When you read key words, Cooper pipes up with responses of his own. And each of his books unlocks all new phrases. With a friend this surprising, reading is always a special occasion.

**FREE BOOK** WHEN YOU BUY COOPER\*  
AVAILABLE ONLY AT HALLMARK GOLD CROWN STORES.

Life IS A SPECIAL OCCASION.  




And where  
did YOU think  
non-dairy  
creamer came  
from?



Get this, millions of Coffee-mate® users actually think it comes from a cow. That's udderly insane.

**Introducing La Crème.** 100% real dairy creamer. From real cows. In four truly amazing all-natural flavors – French Vanilla, Hazelnut, Original and Cinnamon Vanilla. Your coffee has never had it this good.



Time to  
get real.  
Get La Crème.



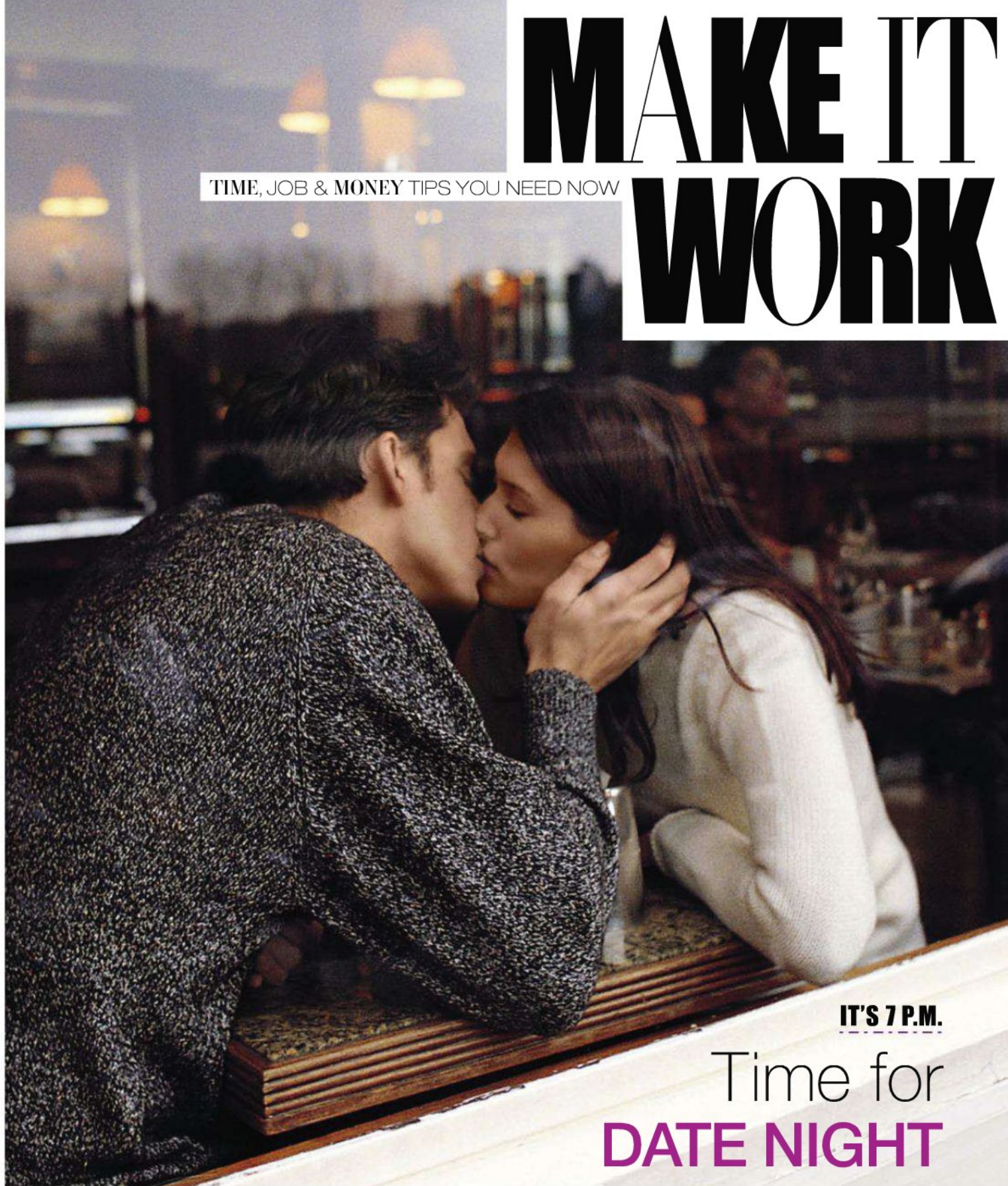
**GetRealGetLaCrème.com** Visit now, and see what's in YOUR creamer.

\* The FDA has determined that there is no significant difference in milk from rBST or rBGH treated and untreated cows.  
© 2011 LALA Foods. All rights reserved. La Crème is a registered trademark.



# MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW



**IT'S 7 P.M.**

## Time for DATE NIGHT

♥ **Snag a sitter—fast.** Mom's busy, your standby teenage neighbor has a new boyfriend—now what? Go to [sittercity.com](http://sittercity.com) or [seekingsitters.com](http://seekingsitters.com). Both sites post reviews from other parents and list babysitters who have CPR training. Or call your local YMCA to ask about nighttime programs for school-age children.

♥ **Have “dessert” first.** If you tend to conk out after dinner, have sex *before* your date, suggests Scott Haltzman, M.D., author of *The Secrets of Happily Married Women*. Ask the sitter to arrive early so you can “get ready.” “It’ll relieve the will-we-do-it tension,” he says. “And men feel more connected and talkative after sex.” Women too!

♥ **Cure we-can’t-afford-it syndrome.** Skip the pricey dinner and do coffee and dessert instead, suggests Lindsey Rietzsch, author of *How to Date Your Spouse*. More ways to find good, cheap fun: Check out [groupon.com](http://groupon.com) or [livingsocial.com](http://livingsocial.com) for deals on restaurants, couples massages, even dance classes. —NICOLE YORIO

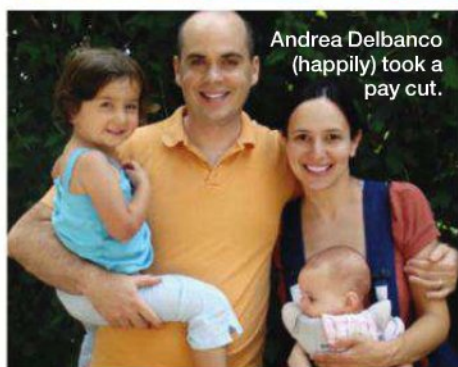




Abigail Hinga telecommutes.



Stephanie King scored a four-day schedule.



Andrea Delbanco (happily) took a pay cut.

## Have this **sanity-saving** talk with your boss

Way too little "life" in your work-life balance? Before ditching your career, consider this: Sixty-nine percent of stay-at-home moms said they wouldn't have left their jobs had their employers offered flexible work schedules, according to a 2010 study from the Center for Work Life Policy. Yet more than half of those moms didn't even bother to ask for flex time before quitting. Take some cues from these gutsy women who spoke up—and got what they wanted.

● **Offer your boss some flexibility too.** "I approached my boss while I was still pregnant," recalls Denver-based public policy worker Abigail Hinga, 36. "I asked him, 'What if I did my outreach strategy and planning at home on Mondays and Fridays after my maternity leave is over? And I'll attend meetings on those days when you absolutely need me.' He agreed—so far, so good."

● **Consider a smart lateral move.** "I was working 10-hour days and traveling every other week," says Stephanie King, 38, an executive vice president at an investment firm in Newport Beach, CA. "I knew I had to pull back when my 5-year-old son began acting out. I finally went to my boss and the CEO and said, 'I need to be more present at home. What role could be meaningful for the firm *and* for me?' Now I oversee special projects, a job I can do well in a 20-hour, four-day workweek."

● **Sweeten the deal for your employer.** "I gave up my full-time status, benefits, and paid vacations and moved to an hourly pay rate so I could be home two days a week with my daughters," says magazine editor Andrea Delbanco, 33, who lives in South Orange, NJ. "But what clinched it was when I pointed out that my switch would free up the company to hire a former intern who had the digital skills we needed. I have less income and job security now, but the switch sure as hell saved my sanity!" —ALLISON FASS

### ONE LESS THING TO WORRY ABOUT

## KIDS OF WORKING MOMS DO JUST FINE

A new review of 69 studies from the past 50 years concluded that when a mom works during a child's first three years, it doesn't put that child at higher risk for school or behavioral problems later in life. Can we stop studying this and move on now?

### FIVE-MINUTE MONEY MANAGER

## AVOID ONLINE SALE TRAPS



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

You zip through a 70-percent-off flash sale online, waffle about the wedge sandals in your virtual cart, realize the deal's about to end, and—*click!*—they're yours. Sound familiar? To avoid overspending on sale items online...

● **Hit "pause" if your dream dress is out of stock.** If you log on for a Web-only sample sale and find your fave item already gone, you might be tempted to buy something else. In a recent study, shoppers were 47 percent more likely to purchase an item when a similar one was sold out. Tell yourself, "Try again tomorrow," and get outta there!

● **Don't keep your credit card on file.** Doing so puts you on the fast track to one-click impulse purchases. Opt to enter



your payment info each time, and use those extra minutes for an *Is it really worth it?* gut check.

● **End online buyer's remorse!** Retailers use "cookies"—files of your personal data stored by Web browsers like Firefox and Safari—to come up with those "If you liked that, you'll love this" recommendations. Some sites might even use the info to quote you higher prices based on your shopping habits. Delete cookies in your browser's preferences from time to time and see if you start to get better deals.



A woman with blonde hair tied back, wearing a blue tank top, stands with her arms crossed. The background is white with numerous black and grey '10's floating around her.

A new birth control pill that's **everything** you are.

New Lo Loestrin™ Fe has the lowest daily dose of estrogen available today in a Pill – just 10 micrograms – and gives you the contraceptive protection you need. In other words, a ten for a ten.

Lo Loestrin™ Fe is a prescription medicine indicated for use by women to prevent pregnancy.

[www.LoLoestrin.com](http://www.LoLoestrin.com) | 1-855-LoLoFe10

**IMPORTANT SAFETY INFORMATION about Lo Loestrin™ Fe**

Serious as well as minor side effects have been reported with the use of birth control pills. **Smoking increases your risk of serious cardiovascular side effects from the Pill, including blood clots, stroke, or heart attack, which can be fatal. This risk increases with age and the number of cigarettes you smoke. Do not use Lo Loestrin™ Fe if you smoke cigarettes and are over 35 years old.**

Some women should not use the Pill, including women who have or have had blood clots; breast cancer or any cancer that is sensitive to female hormones; a history of heart attack or stroke; high blood pressure that medicine can't control; diabetes with kidney, eye, nerve, or blood vessel damage; liver disease or liver tumors; certain kinds of severe migraine headaches; as well as those who are or may be pregnant.

Oral contraceptives do not protect against HIV infection (AIDS) and other sexually transmitted diseases.

*Please see the Brief Summary of Patient Information on next page or Full Prescribing Information, which includes the Patient Information, for Lo Loestrin™ Fe at [www.loloestrin.com](http://www.loloestrin.com)*

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



Lo Loestrin™ is a trademark of Warner Chilcott Company, LLC.  
2803 December 2010

*Lo Loestrin™ Fe*  
(norethindrone acetate and ethinyl estradiol tablets,  
ethinyl estradiol tablets and ferrous fumarate tablets)  
1 mg/10 mcg and 10 mcg



## Lo Loestrin™ Fe

(norethindrone acetate and ethinyl estradiol tablets, ethinyl estradiol tablets and ferrous fumarate tablets)

### Brief Summary of Patient Information

#### WARNING TO WOMEN WHO SMOKE

**Do not use Lo Loestrin Fe if you smoke cigarettes and are over 35 years old. Smoking increases your risk of serious cardiovascular side effects (heart and blood vessel problems) from birth control pills, including death from heart attack, blood clots or stroke. This risk increases with age and the number of cigarettes you smoke.**

Birth control pills help to lower the chances of becoming pregnant when taken as directed. They do not protect against HIV infection (AIDS) and other sexually transmitted diseases.

#### What is Lo Loestrin Fe?

Lo Loestrin Fe is a birth control pill. It contains two female hormones, an estrogen called ethinyl estradiol, and a progestin called norethindrone acetate.

#### Who should not take Lo Loestrin Fe?

Your healthcare provider will not give you Lo Loestrin Fe if you have:

- Ever had blood clots in your legs (deep vein thrombosis), lungs (pulmonary embolism), or eyes (retinal thrombosis)
- Ever had a stroke
- Ever had a heart attack
- Certain heart valve problems or heart rhythm abnormalities that can cause blood clots to form in the heart
- An inherited problem with your blood that makes it clot more than normal
- High blood pressure that medicine can't control
- Diabetes with kidney, eye, nerve, or blood vessel damage
- Ever had certain kinds of severe migraine headaches with aura, numbness, weakness, or changes in vision
- Ever had breast cancer or any cancer that is sensitive to female hormones
- Liver disease, including liver tumors

Also, do not take birth control pills if you:

- Smoke and are over 35 years old
- Are or suspect you are pregnant
- Are allergic to anything in Lo Loestrin Fe

Birth control pills may **not** be a good choice for you if you have ever had jaundice (yellowing of the skin or eyes) caused by pregnancy, also called cholestasis of pregnancy.

Tell your healthcare provider if you have ever had any of the above conditions (your healthcare provider may recommend another method of birth control).

#### What else should I know about taking Lo Loestrin Fe?

Birth control pills do not protect you against any sexually transmitted disease, including HIV, the virus that causes AIDS.

Do not skip any pills, even if you do not have sex often.

If you miss a period, you could be pregnant. However, some women miss periods or have light periods on birth control pills, even when they are not pregnant. Contact your healthcare provider for advice if you:

- Think you are pregnant
- Miss one period and have not taken your birth control pills every day
- Miss two periods in a row

Birth control pills should not be taken during pregnancy. However, birth control pills taken by accident during pregnancy are not known to cause birth defects.

You should stop Lo Loestrin Fe at least four weeks before you have surgery and not restart it until at least two weeks after the surgery, due to an increased risk of blood clots.

If you are breastfeeding, consider another birth control method until you are ready to stop breastfeeding. Birth control pills that contain estrogen, like Lo Loestrin Fe, may decrease the amount of milk you make. A small amount of the pill's hormones pass into breast milk.

Tell your healthcare provider about all medicines and herbal products that you take. Some medicines and herbal products may make birth control pills less effective, including: barbiturates, bosentan, carbamazepine, felbamate, griseofulvin, oxcarbazepine, phenytoin, rifampin, St. John's wort, and topiramate.

Consider using another birth control method when you take medicines that may make birth control pills less effective.

Birth control pills may interact with lamotrigine, an anticonvulsant used for epilepsy. This may increase the risk of seizures, so your healthcare provider may need to adjust the dose of lamotrigine.

If you have vomiting or diarrhea, your birth control pills may not work as well. Use another birth control method, like a condom and spermicide, until you check with your healthcare provider.

If you are scheduled for any laboratory tests, tell your healthcare provider that you are taking birth control pills. Certain blood tests may be affected by birth control pills.

#### What are the most serious risks of taking Lo Loestrin Fe?

Like pregnancy, birth control pills increase the risk of serious blood clots, especially in

women who have other risk factors, such as smoking, obesity, or age greater than 35. It is possible to die from a problem caused by a blood clot, such as a heart attack or a stroke. Some examples of serious blood clots are blood clots in the:

- Legs (deep vein thrombosis)
- Lungs (pulmonary embolus)
- Eyes (loss of eyesight)
- Heart (heart attack)
- Brain (stroke)

A few women who take birth control pills may get:

- High blood pressure
- Gallbladder problems
- Rare cancerous or noncancerous liver tumors

All of these events are uncommon in healthy women.

#### Call your healthcare provider right away if you have:

- Persistent leg pain
- Sudden shortness of breath
- Sudden blindness, partial or complete
- Severe pain or pressure in your chest
- Sudden, severe headache unlike your usual headaches
- Weakness or numbness in an arm or leg, or trouble speaking
- Yellowing of the skin or eyeballs

#### What are the common side effects of birth control pills?

The most common side effects of birth control pills are:

- Spotting or bleeding between menstrual periods
- Nausea
- Breast tenderness
- Headache

These side effects are usually mild and usually disappear with time.

Less common side effects are:

- Acne
- Less sexual desire
- Bloating or fluid retention
- Blotchy darkening of the skin, especially on the face
- High blood sugar, especially in women who already have diabetes
- High fat (cholesterol, triglyceride) levels in the blood.
- Depression, especially if you have had depression in the past. Call your healthcare provider immediately if you have any thoughts of harming yourself
- Problems tolerating contact lenses
- Weight gain

These are not all of the possible side effects of Lo Loestrin Fe. For more information, ask your healthcare provider or pharmacist.

No serious problems have been reported from a birth control pill overdose, even when accidentally taken by children.

#### What should I know about my period when taking Lo Loestrin Fe?

When you take Lo Loestrin Fe you may have bleeding and spotting between periods, called unscheduled bleeding. Approximately half of the women who use Lo Loestrin Fe have unscheduled bleeding or spotting in the first months of use, and about one-third of users continue to have unscheduled bleeding or spotting after one year of use. If the unscheduled bleeding or spotting is heavy or lasts for more than a few days, you should discuss this with your healthcare provider.

#### What if I miss my scheduled period when taking Lo Loestrin Fe?

It is not uncommon to miss your period. However, if you go two or more months in a row without a period, or you miss your period after a month where you did not take all your pills correctly, call your healthcare provider because you may be pregnant. Also notify your healthcare provider if you have symptoms of pregnancy such as morning sickness or unusual breast tenderness. Stop taking Lo Loestrin Fe if you are pregnant.

**Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).**

This is only a summary of important information about Lo Loestrin Fe. You can ask your healthcare provider or pharmacist for complete product information about Lo Loestrin Fe OR visit [www.loloestrin.com](http://www.loloestrin.com)



Marketed by: Warner Chilcott (US), LLC

Rockaway, NJ 07866

1-800-521-8813

0420G120

Revised December 2010

Lo Loestrin™ is a trademark of Warner Chilcott Company, LLC.



# "We traded places!"

These pairs learned so much (and got a whole lot closer) when the caregiver went to work and the money-earner stayed home—maybe **all couples should try** the switcheroo.

**A** dad you've never seen before suddenly starts doing pick-ups at your kids' school. A neighbor whose uniform was jeans now wears dresses and pumps, or vice versa. What's going on? The great American flip-flop: As families grapple with a rocky job market, couples are getting creative and trying a flexible approach to work. Meet three pairs who say that reversing roles shored up their bank accounts *and* their marriages. And prepare to take notes, because they've got life—and love—advice you can use, whatever your work/stay-home deal happens to be.

## "We're both pros with the kids now"

Timm McLagan rarely handled diaper duty until his older daughter, Kalea, was 2 and he became a stay-at-home dad to her and her baby sister, Amaya, who at that point was just a newborn. That was in 2009. Now he's mastered a 30-second, three-wipe diaper change and cleans up potty-training misfires in their Huntsville, AL, home faster than a hazmat crew.

He swapped roles with his wife, Sandra, after losing his job as an associate pastor when his church felt the pinch of the economy. Instead of job-hunting, Timm enrolled to earn his master's degree in divinity while Sandra, a registered nurse who had stayed at home after having Kalea, returned to work as a nurse

manager at a retirement home. "When I was working, I'd return to a messy house some days, look at Sandra, and think, *You only have one kid. You're home all day. Isn't it kind of your job to keep the house clean?*" Timm, 34, admits. "Now I'm learning how much time and effort it takes to discipline and educate the girls, not just entertain them." ►



**Timm ►  
McLagan  
took over as  
househusband  
in 2009.**

**His wife,  
Sandra, a  
nurse, went  
back to  
work.**





Timm tackles breakfast duty with Kalea and Amaya (far left), then sets up for a reading game on a makeshift "school bus."

## "I felt out of my league with two kids!"

—TIMM

In his first few weeks at home, Timm speed-dialed his wife at work several times a day. "If I had to take one of the girls to the pediatrician, I needed a presidential briefing beforehand—I had no clue what to ask," recalls Timm, who also consulted with Sandra on nap times, lunch menus, and teething tantrums, which began four months into his at-home gig. "I just wanted to drug the baby up," he says, laughing. "If she was crying, I thought it was a reason for Tylenol. I felt out of my league; it was definitely overwhelming at first. I've gained such an appreciation for what Sandra went through."

Sandra has seen the light too. Before changing places, Timm would come home emotionally spent after counseling couples all day, and his reserves were low. "I didn't want him to work so hard that he had nothing left for us," Sandra, 30, recalls. "Now I know what it's like to need a few moments to switch gears after a long day before playing with the kids." She's also feeling some of the jealousy her husband experienced when he missed big milestones at home. To keep her in the loop, Timm texts her cellphone videos, like the one he sent the day Amaya first said, "Mama." "I started crying at work—I was so happy



Find out about the new breed movement and get valuable coupons at [facebook.com/ALPO](https://facebook.com/ALPO).



she said it, but sad I missed it," Sandra says. "It's only fair Timm gets to be there this time around."

Even though Timm plans to return to work after graduating next year, the couple agrees that this switch has catapulted their relationship to a new level. "I finally feel like we're really in it as a team," says Sandra, who plans to continue working part-time. "As I've watched Timm become an amazing dad, I've fallen so much more in love with him as a husband."

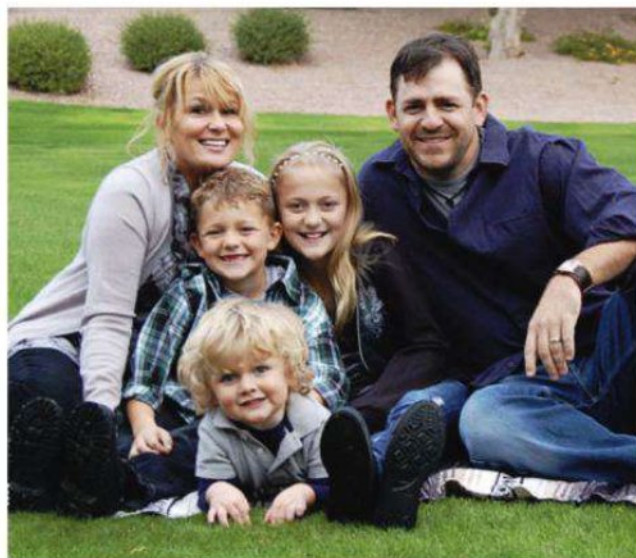
### "Switching comes naturally to us"

John Patriarche and his wife, Crystal, have an unusual work-life game plan: Whoever has the better job prospect goes for it. When the housing market tanked in 2008, John, a manager of a residential construction company in Phoenix, lost his job and the six-figure income and health benefits that went with it. Crystal, who freelanced regularly as a book-

publishing publicist at the time, grabbed the chance to launch her own public relations agency for writers, BookSparks PR. In turn, John became Mr. Mom to their three kids, Anna, 11, Eli, 6, and Caleb, 3.

But by then they were already flipping experts: They'd done it three times before, in 11 years of marriage, because they always wanted one parent to be home with the kids. "It's a lot like sports," says John, 36. "Whenever a teammate is down, the other players have to pick up the slack. And that's what Crystal and I do. It doesn't matter who's making the money, as long as we can provide the right lifestyle and morals for our kids."

Crystal and John (with kids Eli, Anna, and Caleb) have adapted to the job market's crazy curveballs.



Seasoned from previous stints at home, John says this transition has been the easiest one so far. When he and Crystal were newlyweds, fresh out of college, he stayed home with their daughter while his wife climbed the ladder at a major PR firm. "There were times he'd go somewhere and wouldn't think to check what

# AL SAYS, "I'M JUST A MEAT AND POTATOES DOG. WITHOUT THE POTATOES, OF COURSE."

## AL'S THE VOICE OF REAL DOGS.

He doesn't give a hoot about decorator dog foods. He's a real dog. And real dogs have a mind for meaty goodness. As in the new tender, meaty bites in ALPO Prime Cuts With Beef in Gravy. Mmm, 100% pure satisfaction—not to mention 100% complete and balanced. It's the new breed of ALPO for the new breed of dog: Real Dogs.

**REAL DOGS EAT MEAT.™**





# Bookmark This



## Daily Immune Support

Packed with elderberry and antioxidant vitamins A, C and E, VitaFusion® Daily Immune™ Gummy Vitamins support your immune system all year long. Combined with natural colors and award-winning flavors, Daily Immune is a delicious choice! You can enjoy your vitamins! In the vitamin section at Target. [nnpvitamins.com](http://nnpvitamins.com)

## Simple And Unique Handstamped Jewelry

Custom made with any names or dates using sterling silver, birthstone crystals and freshwater pearls! Use code RB10 for 10% off! [thevintagepearl.com](http://thevintagepearl.com)



## Food in Your Teeth?

GUM® Soft-Picks® have 76 soft rubber bristles to easily remove food and are clinically proven to remove plaque from between teeth\*. Great to use on-the-go. Visit [BetweenTeethCleaning.com](http://BetweenTeethCleaning.com) for a coupon. \*data on file

## A Mouthwash That Does More

Studies have shown, that if your oral moisture balance is off germs may form. Oasis Mouthwash offers the benefits of conventional mouthwash, plus moisturizing that lasts for hours to restore your mouth's healthy balance. Visit us at [facebook.com/oasisrx](http://facebook.com/oasisrx) and [oasisdrymouth.com](http://oasisdrymouth.com).



## Keeping Your Pet Healthy & Happy!

For over 20 years 21<sup>st</sup> Century Pet Health veterinarian-approved health and wellness products have been keeping your



pet healthy & happy. View our complete value line of products for puppies to senior pets at [www.21stcenturypet.com/coupon](http://www.21stcenturypet.com/coupon). Available exclusively at PetSmart.

# LIVE RICHLY

was in the diaper bag before leaving the house—or he'd forget the bag all together!" Crystal says. "He's evolved so much. I don't have to micromanage him with detailed lists like I used to."

As John waits for the housing market to swing from bust to boom again, he watches Crystal, now 37, grow her company and is reminded of her intelligence and drive—two of the qualities that drew him to her in the first place. Though the couple doesn't rule out the possibility of switching back if John finds another I-can't-pass-this-up gig, they both want to work when their youngest son is in school full-time. "I'm happy that our kids are learning that parents can take turns handling the majority of the work at home *and* have careers they love," he says. "It's good for them to see that, with a little give and take, it's possible to do both."

## "We connect better—even in bed"

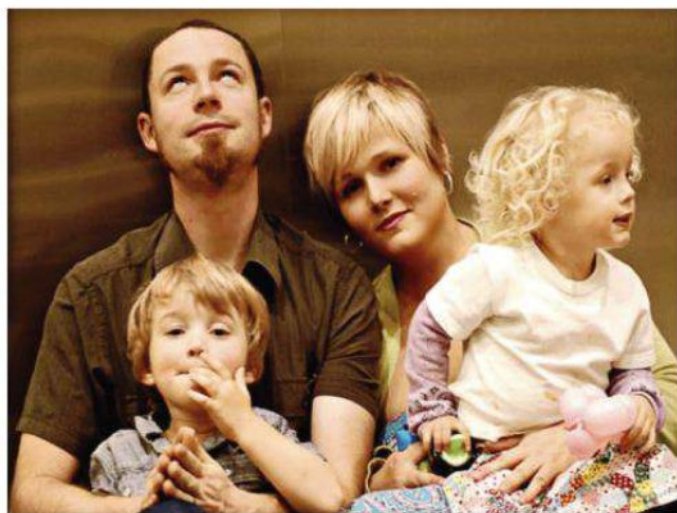
For Corbyn Hightower, a stay-at-home mom in Roseville, CA, maintaining a calm, happy household comes down to one question: Who's had the crazier day? "My husband and I are really careful to make sure the other spouse isn't about to lose it," says Corbyn, 41, whose husband, Larry, took a job as a receiving manager at a clothing store after she lost much of her business as an independent sales rep in the cosmetics industry in 2009. Larry, now 35, had taken care of their kids, Zeke, 5, and Molly, 3, since birth—until the recession put his wife out of work.

Since swapping roles, Corbyn and Larry are attuned to each other's feelings and stress levels in ways they weren't before. "Corbyn knows how much I miss being home with our children, so she'll post funny videos of them on Facebook that I can check during my break," Larry explains. And in turn, he gives his wife some much-needed me time as soon as he gets home from work. It's the one part of their daily routine that's nonnegotiable: "I practically have to kick her out the door to go to the gym with her girlfriends," he says. "She'll protest and say, 'But you've been at work all day.' But I know what it's like to go days without talking to other adults, so she needs that time."

Giving each other space to diffuse daily tension has brought them closer together in every way, including sexually. When Corbyn worked and came home to her baby and toddler, the last thing she wanted to do was deal with Larry's needs (or her own!) after the kids were asleep. To kill the mood even more, "Larry did the Kevin Federline thing as a stay-at-home dad," she laughs. "He was pasty, unkempt, and 30 pounds

Nothing is  
sexier than  
having a partner  
who appreciates  
all that I do as  
a stay-at-home  
parent." —CORBYN





Larry and Corbyn, with Zeke and Molly, say swapping roles has made them "kinder to each other."

overweight. Now he rides his bike 10 miles a day to and from work, and wears something other than jeans. He's looking so yummy lately that I just grab his booty. There's not much going on in my day, and sex is something we can do that doesn't cost money—even if it has to be at 5 in the morning before the kids wake up!"

While there are definitely days when Corbyn misses her career (the validating strokes from colleagues, feeling like a rock star after delivering a presentation to a crowded, clapping room), she says this is the happiest she's been in years. "I felt cherished for being the breadwinner, and the kids would take it easy on me if I had a rough day. I no longer have the get-out-of-jail-free card where I can close the door at home for a business call," she says. "But trading places has made us so much kinder to each other."

It has also transformed them into true partners that other couples can learn from. "I was chatting with some moms at the park recently, and one was griping about how her husband sits on the couch all night when he gets home from work," Corbyn recalls. "I told her to clearly spell out what she expects of him, because he may not understand what she's up against if he's never had to do it."

Thankfully for Corbyn, Larry knows the ups and downs of full-time parenting all too well, and doesn't complain if he comes home to a wrecked house and a wife who's still in her pajamas. "He knows what it's like to wipe a baby's butt so many times a day, clean up vomit, and still manage to wrangle the kids out of the house for a few hours," she says. "He gets it. The role switch has absolutely brought us closer together. Nothing is sexier than having a partner who appreciates all that I do as a stay-at-home parent. I guess I have the recession to thank for that." ®

## Discover younger looking lips in just four weeks.

Blistex Deep Renewal. The anti-aging lip treatment clinically proven to reduce fine lines and wrinkles. Its advanced formula contains coenzyme Q10 and hyaluronic spheres to moisturize, protect and renew. It actually improves lip health and vitality, while helping them look fuller and younger.

Clinically Proven Effectiveness	Immediate	After 24 hours	After 4 weeks
Diminishes appearance of fine lines and wrinkles	✓		
Increases luster and radiance	✓		
Reduces level of damaging free radicals		✓	
Measurably reduces number and depth of fine lines and wrinkles (with daily use)			✓



Discover Bliss. Discover **Blistex**



## Clean out your pantry!

REDBOOK creative director Holland Utley asked us to semi-organize her kitchen shelves. When we counted the eighth mustard jar, we couldn't say no.

before



after



Holland's pantry needed a *total* overhaul. First, we cleared the shelves and separated food into groups (baking goods, sauces, etc.). Then we threw out lots of expired stuff and packed a donation box with multiples (because nobody needs 10 unopened jars of olives). Finally, we helped her restock the smart way with these tips:

- **Put backups and big stuff on top.** High up is the right spot for all your but-it's-on-sale Costco purchases.
- **Place jars and cans on tiered risers.** This way, you can see what you've got (and the, cough, expiration dates, cough). Expand a Shelf, \$14.98; [shopgetorganized.com](http://shopgetorganized.com).
- **Dump out bags.** Sacks of flour and sugar can be messy. The fix: clear canisters. (This is as Martha as we're gonna get.) Stacking canisters, from \$4.99 each; [containerstore.com](http://containerstore.com).
- **Spin a lazy Susan.** Stop clawing your way to the back of the shelf to find the vanilla! Single stainless-steel turntable, \$19.99; [containerstore.com](http://containerstore.com).
- **Create sections.** First, label shelves. (The simple way is fine: Use colored tape and a Sharpie.) Then stick loose items in bins so your areas don't flow into each other. Linus cabinet organizer, \$12.99; [amazon.com](http://amazon.com).
- **Store heavy items down low.**
- **TRY THIS SPACE-SAVER:**



Ditch those bulky boxes and fill a shoe bag with cereal bars, soup packets—you name it, says Los Angeles-based pro organizer Jill Pollack. PEVA 24-pocket over-door shoe bag, \$14.99; [containerstore.com](http://containerstore.com).

*"Now I have space to move things around, and I can actually see what's back there. Turns out we don't need to buy another pickle till 2014!"*—HOLLAND UTLEY



**PRINCESS THINKS HER STUFF DOESN'T STINK.**



**THANKS TO THE AMAZING LITTER SECRET  
THAT DESTROYS URINE AND FECES ODOR,  
SHE'S RIGHT.**

**ARM & HAMMER®  
DOUBLE DUTY**

The only clumping litter that combines  
ARM & HAMMER® Baking Soda  
with urine AND feces odor eliminators.  
**Love it or your money back.**



**SWITCH TO ARM & HAMMER®. YOU'LL NEVER GO BACK.**

Visit us at [DoubleDutyLitter.com](http://DoubleDutyLitter.com)





# Lunchables

© 2011 Kraft Foods

Bring it on, big kids.



Kids are full of potential. And unlocking it starts with a great lunch.  
LUNCHABLES Deep Dish Cheese Pizza has mandarin oranges for a full serving of fruit.

it doesn't get better than this



1 serving = ½ cup fruit. Each DOLE Fruit Bowls® 4-oz cup provides ½ cup fruit towards the 2 cups recommended a day according to MyPyramid and the US Dietary Guidelines. Please visit [kraftfoods.com](http://kraftfoods.com) and [MyPyramid.gov](http://MyPyramid.gov) for more information. Dole and Fruit Bowls are registered trademarks of Dole Food Company, Inc.



# 6 ways you can help fix our public schools

Mom and school miracle-worker Jacqueline Edelberg asked fellow education reformers how we can *all* rebuild the system. It's doable, so let's get started.



Edelberg reads with her daughter, Maya, in the school library she helped remodel.

**1 Renovate** your neighborhood school. In 2002, I was just like any other parent in search of the best education for my daughter. I had heard that our local public elementary school, Nettelhorst in Chicago, was horrible. But my friend and I visited the struggling school anyhow. The new principal candidly asked us what it would take for us to enroll our children there, and we answered. First off, we wanted to transform the dingy, prisonlike building into a cheerful, welcoming place that would attract more neighborhood students. The principal agreed, so we organized an army of parents to cold-call businesses and ask them to donate everything from gallons of paint to plumbing repairs. In eight years, we renovated the entire school, including building a new library (see above) and a teaching kitchen. And the school's test scores have *tripled*. To help other parents, I coauthored a book about the transformation called *How to Walk to School*, and now it's a national movement. I urge everyone—

whether you have school-age children or not—to drop by your local school and offer to help. To see exactly how we did it, go to [howtowalktoschool.com](http://howtowalktoschool.com). You can also find school volunteering programs underway in your area by searching “education” at [allforgood.org](http://allforgood.org).

**2 Join** the PTA's national “Three for Me” campaign at [three4me.com](http://three4me.com). “We want parents to pledge three hours of volunteering at their local school over one year; that's the same amount of time you spend on a movie date,” says Charles Saylor, the national PTA president. “To us it means priceless time spent helping in a school's garden or joining your kid's class for lunch.”

**3 Browse** [donorschoose.org](http://donorschoose.org) for class projects to sponsor. Teachers spend roughly \$500 of their own money on school supplies each year. Now they can post their resource requests—for things like storytelling puppets and computers—online, and people like you can help out.

**4 Volunteer** in your child's class. “I love to see parents who organize career days or participate as story-time readers,” says Sarah Brown Wessling, a high school English teacher in Johnston, IA, who was 2010's National Teacher of the Year. Just email your child's instructor—and see how quickly he jumps at the offer!

**5 Look up** your children's schools at [greatschools.org](http://greatschools.org) to see how they're doing. Don't like what you find? Let the principal know, and “request teacher performance data,” says Michelle Rhee, former Washington, DC, schools chancellor and founder of [studentsfirst.org](http://studentsfirst.org). “No parent should send their child to a classroom void of learning.”

**6 Watch** the documentary *Waiting for “Superman”* to learn about the education crisis. Then go to [waitingforsuperman.com/action](http://waitingforsuperman.com/action) and click on the “Take Action Checklist” to easily write your elected representatives. Says U.S. Secretary of Education Arne Duncan, “We need more involved parents who challenge educators and elected officials to do what is right for children.” ®



For moderate to severe RA

## I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

### IMPORTANT SAFETY INFORMATION

#### What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

#### Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should

not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

[www.enbrel.com](http://www.enbrel.com)

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved. MC 41435-B-4



I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.\* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit [Enbrel.com](http://Enbrel.com).

\*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant,

or breastfeeding

- Have been around someone with chicken pox

**What are the possible side effects of ENBREL?**

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

**Common side effects include:** Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live





## Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

### What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

#### 1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

#### 2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

### Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

#### Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

### Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

### Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - ✓ all vaccines should be brought up-to-date before starting Enbrel.
  - ✓ people taking Enbrel should not receive live vaccines.
  - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breastfeed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

### What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor. Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

### Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

### How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(y) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

### What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

### Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

### General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

### What are the ingredients in Enbrel?

**Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:**

**Active Ingredient:** etanercept

**Inactive Ingredients:** sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

**Multiple-use Vial:**

**Active Ingredient:** etanercept

**Inactive Ingredients:** mannitol, sucrose, tromethamine v5

Issue Date: 10/2010

This Medication Guide has been approved by the US Food and Drug Administration.



Manufactured by Immunex Corporation  
Thousand Oaks, CA 91320

Marketed by  
Amgen Inc. and Pfizer Inc.

© 1998–2010 Immunex Corporation. All rights reserved. Printed in the USA



**Is spring here yet? Bide the time with...** Alec Baldwin on the Oscars, a totally LOL website, and dreamy costume dramas.

## KNOW ALL ABOUT IT!

Hey, Anne and James! **Alec Baldwin**, last year's Oscars cohost with Steve Martin, has ideas for you.

**So what makes for a successful Oscars presentation?**

The better shows strike the right balance between the movies themselves and the people who make the movies. I'd love to see the Academy concentrating more on things like thoughtful, muscular film clips. Which might make for a deadly dull show [laughs].

**You and Steve Martin looked like you had a blast together.**

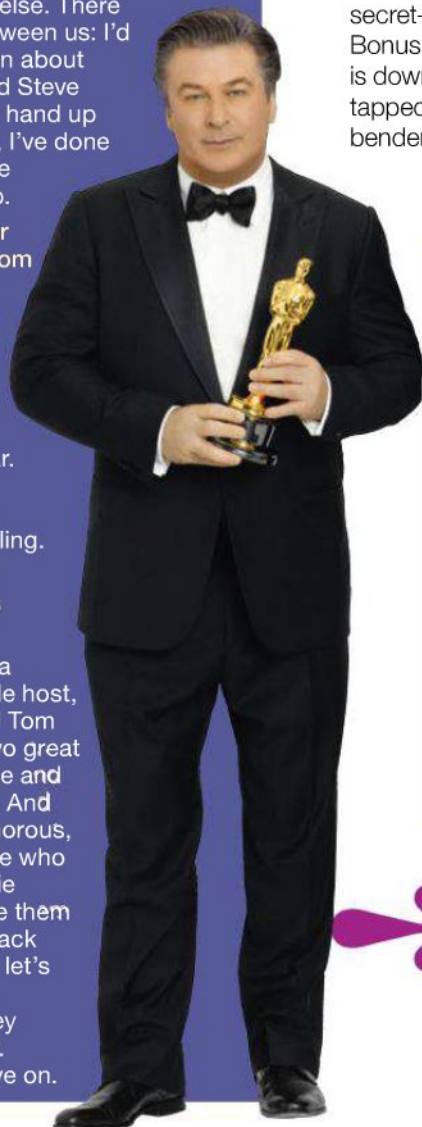
I don't think I would have done it with anyone else. There was a joke between us: I'd have a question about something, and Steve would hold his hand up and say, "Alec, I've done this before." He cracked me up.

**What was your top moment from that night?**

When Kathryn Bigelow became the first woman to win the directing Oscar. At the party afterward, she was still trembling.

**Describe your dream Oscars show.**

I'd love to see a group of people host, like Hanks and Tom Cruise. And two great women—Nicole and Angelina Jolie. And Clooney. Glamorous, talented people who mean the movie business. Have them toss a baton back and forth. And let's have one big, fabulous, gooey dance number. Then we'll move on.



## WATCH IT!

**Un-dumb movies: 2 literary classics (and book club faves) come alive**



### ► ON THE BIG SCREEN

Charlotte Brontë's brooding romance **Jane Eyre** gets a beautiful, true-to-book adaptation. Mia Wasikowska stars as the orphan hired to work in the secret-riddled home of Mr. Rochester. Bonus: Though Brontë's Rochester is downright homely, Hollywood tapped the dashing Michael Fassbender (*Inglourious Basterds*).



### ► ON THE SMALL SCREEN

HBO's **Mildred Pierce** stars dream team Kate Winslet, Evan Rachel Wood, and *The Fighter*'s awesome Melissa Leo. Based on James M. Cain's novel, the miniseries follows a Depression-era single mom (Winslet) struggling to bond with her wily daughter (Wood). Their tense, troubled relationship isn't pretty, but the period clothing? To die for.

## CLICK IT!

### You texted what?

Oh, how quickly technology turns on us. The hilarious site Damn You, Auto Correct! ([damnyouautocorrect.com](http://damnyouautocorrect.com)) lists embarrassingly auto-corrected texts such as "Cool for **penis**?" Or mani penis?" (um, just a manicure, please) and "I have a bad case of the **manboobs**" (translation: the Mondays!).

### What did Whoopi say? Read more Oscar input

"Regardless of who hosts or how many costume changes they have, **people really only want to know one thing: Did I win?** The sooner that envelope is opened, the better." —WHOOPI GOLDBERG







---

Ben Hassett *for* Condé Nast



# We surf the Internet. We swim in magazines.

The Internet is exhilarating. Magazines are enveloping. The Internet grabs you. Magazines embrace you. The Internet is impulsive. Magazines are immersive. And both media are growing.

Barely noticed amidst the thunderous Internet clamor is the simple fact that magazine readership has risen over the past five years. Even in the age of the Internet, even among the groups one would assume are most singularly hooked on digital media, the appeal of magazines is growing.

Think of it this way: during the 12-year life of Google, magazine readership actually increased 11 percent.

What it proves, once again, is that a new medium doesn't necessarily displace an existing one. Just as movies didn't kill radio. Just as TV didn't kill movies. An established medium can continue to flourish so long as it continues to offer a unique experience. And, as reader loyalty and growth demonstrate, magazines do.

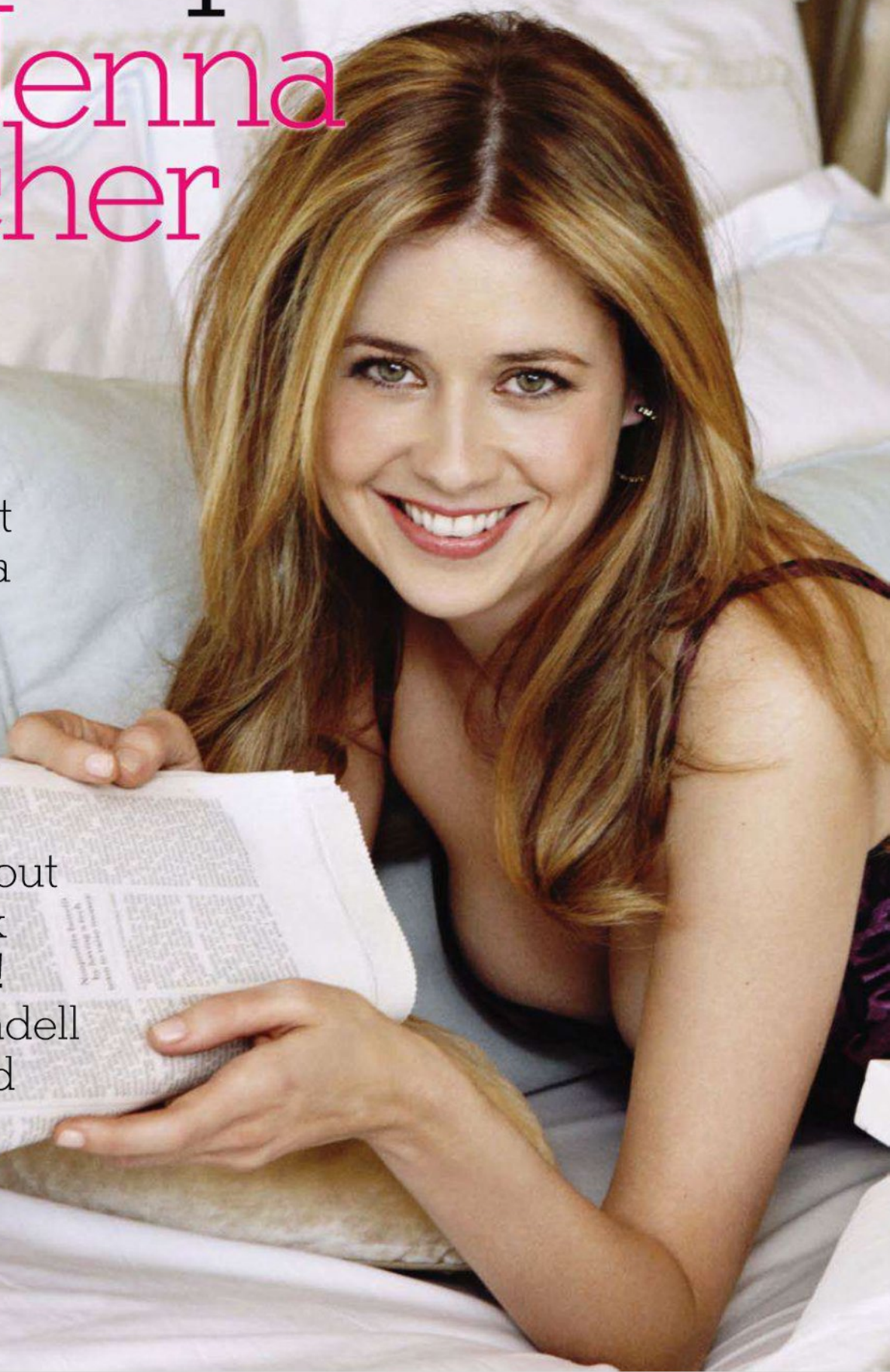
Which is why people aren't giving up swimming, just because they also enjoy surfing.





# Office Gossip with Jenna Fischer

Weight loss,  
divorce,  
and Skyping  
with kitties—  
we covered it  
all with Jenna  
Fischer, who  
stars in this  
month's *Hall  
Pass*. Luckily  
she missed  
the memo about  
holding back  
in interviews!  
By Laurie Sandell  
Photographed  
by Matt Jones





**TAKING A PERSONAL DAY**

She's plain Pam on *The Office*, but not in real life. "My husband will say I look sexy, and I'll think, Gosh, I'm lucky. Because I didn't even wash my face!"



J

enna Fischer's "how I met my husband" story sounds like the plot of a quirky indie romance—which is fitting, since they fell in love while working on one. I'm hearing all the details over dinner at

the Beverly Hills Hotel (rigatoni with short ribs for Jenna, tuna tartare for me). She arrived five minutes early for the interview—unheard of in the celebrity world—walking right over to me with a wide smile, like she might be about to ask my advice on a Jim dilemma. In dress pants, a gray cardigan, and a pretty red blouse, Jenna looks as all-American as two scoops of vanilla ice cream. And as we start to dish about love, fate, and favorite nail polish colors (she's loving Essie's Angora Cardi), I have to keep reminding myself that I don't actually *know* her. She's so laid-back, she could easily pass for your fun friend from high school, just like on *The Office*. Anyway, I'm interrupting her story....

Jenna and her guy, screenwriter Lee Kirk, started spending time together when she pitched him a film idea she had about three years ago. He "very politically," she says with a laugh, rejected it. He pitched her three new ideas; she loved the first one and signed on as producer and star. (They've recently started shooting.) But, like any good romance plot, the lovers were star-crossed: Jenna was going through a divorce from her husband of eight years, director James Gunn, and Lee had just ended a seven-year relationship. Still, the two found common ground in the experience of being newly single. And after a slow build of "six or seven months," the two confessed their feelings. They got married last July.

If it took Jenna a little while to find her perfect guy, she also came late to stardom: Having grown up in St. Louis, Jenna moved to Los Angeles after college in Missouri and struggled in temp jobs for years while trying to find work as an actress.

Finally, at 29, she got her big break on *The Office*. This month, the 36-year-old stars opposite Owen Wilson in the movie *Hall Pass*, directed by the Farrelly brothers (the kings of kooky, at-times-raunchy comedies—remember *There's Something About Mary?*). In it, two wives give their hubbies permission slips, a.k.a. hall passes, to do whatever they want—including hook up with other women.

Jenna admits she often still feels like a guest in Hollywood—which is why she delights in every surreal moment, and even keeps a MySpace blog about them. (Read what she posted about her REDBOOK photo shoot, below.) A perfect example arises when we head out after dinner to pick up our cars at the valet. Says Jenna, "I love that they don't give you a ticket for your car here; they just remember you." Which, of course, they don't—unless you happen to be a pretty major celebrity. I show her my parking stub and she cracks up: "Here I am, thinking they just happen to remember every car that goes with every person!" This isn't an act; she honestly doesn't know how famous she is. But that just adds to her charm.

"When I was younger, I thought you married the person you fell in love with the most. But I realized there was a whole other set of criteria."

**REDBOOK:** Were there lots of behind-the-scenes shenanigans when you filmed *Hall Pass*?

**JF:** The Farrelly brothers make movies the way you imagine a movie set would be when you're a kid—fun all the time. On our last day of shooting we had an egg-toss competition with the

entire cast and crew. I came in fifth. I think that's really good!

**RB:** What hall-pass request would you make of your husband?

**JF:** I wouldn't—I'm a newlywed! I want to spend all of my time with him, so I don't need any kind of hall pass.

**RB:** Before your big break, did you ever think about a Plan B?

**JF:** I never really had a Plan B, though I did get to a place where acting was not very satisfying. I was a theater major in college, and whenever I did a play, I'd figure out, "What's this person's background?" I could have done that for "Delivery Girl Number 2," but it's not like anybody is going to ask, "Where did you grow up, Delivery Girl?" At one point I told my manager I was thinking about quitting, and she said, "Give me one more season; you owe it to me." And that was the year I booked *The Office*.

## JENNA BLOGGED ABOUT OUR COVER SHOOT!

On her MySpace blog, Jenna writes all about her life at *The Office*. Here, the star tells what it was like to pose for REDBOOK.

"In the movies, posing for a magazine cover looks fast and fun: A photographer yells, 'You look beautiful!' as rock music

blares. While that's not all wrong, it's a more intense process than I expected.

"To get the one photo for this cover, we actually shot four to five outfits. It's funny because even as I write this, I have no idea which outfit made it on the cover. I had a favorite: a leopard print, formfitting Dolce & Gabbana dress. I wonder if that's what they picked! [Editor's note: She was spot on!]

"Personally, I trust the professionals to make a good choice. Because, the truth is,

I'm not much of a shopper. My daily wardrobe consists of something like sweats, hoodie, Uggs, and a baseball hat. My best friend Angela [Kinsey] refers to my personal style as 'Hobo Jenna.'

"Standing still and posing is also very different from what I thought. In order to give yourself curves in the right places while simultaneously hiding your gut, you have to stand in very unnatural ways. You have to hold the same position for a long



**RB:** You went through a fake pregnancy on *The Office* while your sister, Emily, was going through a real one—and Pam and Jim’s baby was named after your new niece, Cecelia. Has becoming an aunt made you want to have kids of your own?

**JF:** I already wanted kids, but even more so now. When Cecelia was 3 weeks old, Pam was on maternity leave, so I had a whole week off to spend with her. I took charge of the night feedings. It was so awesome: Every night at 9:30, I’d say, “You guys go to sleep now.” I wanted CeCe all to myself. We really bonded.

**RB:** So how did you lose the baby weight? Just kidding. But seriously, you’ve talked about going through a total body transformation via diet and exercise. Have you managed to keep that up?

**JF:** I go back and forth all the time. Basically, I care until I’m at a weight where my jeans feel awesome, then I eat and drink my way out of them. And then I have to care again. It’s like a five- to seven-pound gain/lose cycle.

**RB:** As an actress, do you feel pressure to stay in shape?

**JF:** In a normal job, if you gain or lose a few pounds, it’s no big deal. But in my business you have to tell someone so that the next time you go to a fitting, the clothes are the right size. It’s really embarrassing to have to say to your manager, “I’m now a 6 pant instead of a 4.” Emails go out, and they cc the agents: “Jenna would like everyone to know that she’s now a 6 pant.” This is why actresses obsess about their weight. It’s not a private affair.

**RB:** You’ve also talked about not going glam (veneers, etc.) because Pam has to look real. What’s it like to be in “plain Pam” mode?

**JF:** It’s nice because it doesn’t take long to get ready in the morning. But there are times when I wish Pam could be... I don’t know, maybe a little prettier. I think the most common compliment I get—which is very sweet, and I’m not complaining—is “You are so much prettier in real life.” And I’ll say thank you. And then I think, *What does that mean, though? That I’m very unattractive on the show?* But I’ve never been the kind of girl who turns heads. And that’s a good thing—it’s served my career.

**RB:** When you do dress up, do you like that part of the job?

**JF:** I like doing hair and makeup and putting on the dress, but then I want to take it all off 45 minutes later. Because you have, like, a corset in your ribs and then you’re bruised for two days.

**RB:** Your MySpace blog is full of great, candid details like this.

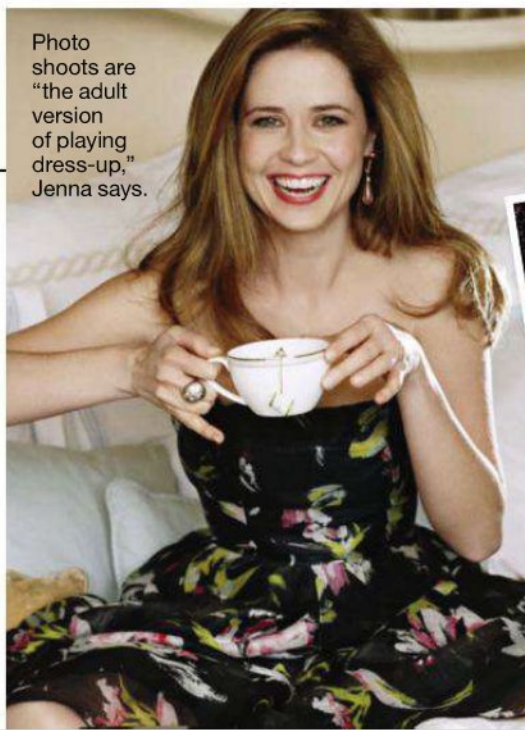
**JF:** When I’m writing my blog, I think of myself at 13 years old, back in St. Louis,

time, usually far longer than is comfortable.

“My favorite part was when I got to lie in a comfy bed pretending to eat breakfast. I was starving so I really ate the cereal, and my achy feet appreciated the break from high heels.

“The whole experience took about 10 hours. Afterward, I called my husband and told him to meet me for dinner. I figured, *I’m all dolled up, so it’s the perfect excuse for a date night.* It was a good chance for him to eat with someone other than Hobo Jenna.”

Photo shoots are “the adult version of playing dress-up,” Jenna says.



daydreaming about Hollywood. I try to write to “me” from before. It’s exciting to go to an awards show and shake George Clooney’s hand. It’s fun to geek out with people over that, take them along for the ride.

**RB:** You’re a newlywed. Has your idea of *The One* changed?

**JF:** In a way, yes. After my divorce, someone said to me, “Finding love is not as hard as picking the right person to spend the rest of your life with.” It was Paul Lieberstein, the executive producer of *The Office*; he also plays Toby on the show. I held on to that advice when I was searching. I’d start to fall for someone and think, *But that’s not a good match. The fluttery feelings aren’t enough.* When I was younger, I thought you married the person you fell in love with the most. But as [my ex-husband and I] learned what we wanted, I realized there was a whole other set of criteria. You have to ask, *Do we have the same goals?*

**RB:** What was it like to date after your divorce?

**JF:** I thought I’d go wild with freedom, but instead I pretty much did what I did in college—stay home with my cat [laughs]. I didn’t want to waste time flitting around. I remember going out with one cute and funny guy. I thought, *We could have a really fun eight months, but that’s eight months I’m taking away from finding Mr. Right. I can’t afford that.* So I ended it.

**RB:** And even though you were hanging out at home with your cat, Prince Charming managed to find you.

**JF:** It’s amazing, right? In the midst of all that, I was having weekly script dinners with Lee, and I realized, *I’m looking at basically the perfect man. It doesn’t get better than this.*

**RB:** Switching gears a little, you’re involved with several pet rescue organizations, and have even fostered cats. What is that like?

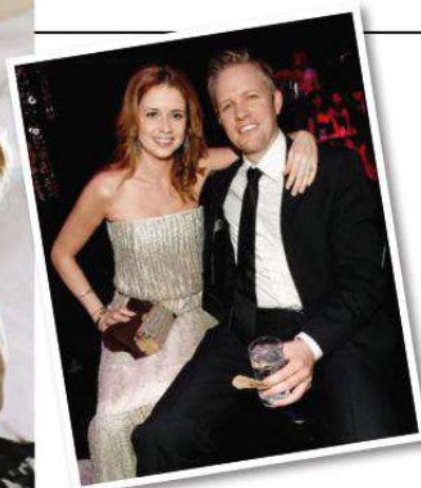
**JF:** It’s a lot like being a new mother. They have to be fed every two to three hours. You’re teaching them to use a litter box, so it’s a lot of cleaning and baths. But it’s so wonderful.

**RB:** On *The Office*, Angela is cat-obsessed. Would you ever set up a video cam to watch your cat, Cadillac?

**JF:** I don’t think so. But when my husband and I Skype when I’m out of town, we always make sure to include Cadillac.

**RB:** So when Pam hangs up her sensible skirts for good, what’s next on your list? A spray tan? A really long vacation?

**JF:** I’d love to color and cut my hair into a style, any style: bangs, a bob, go blonde. I’ve had the same hair for eight years, and it’s starting to get to me! ☺



With her husband, Lee, at a Golden Globes party last year.





# **6** *dresses*

for the next 6 months

You're still in sweaters, and your legs are mighty pale (you should see ours—they glow in the dark!), but warm weather *is* coming. Prepare yourself with the absolute best spring dresses—and maybe a little self-tanner.

Photographed by Sasha Eisenman



### *a bright knit*

Fun, fun, fun—and, as a bonus, totally wrinkle-proof—this shift is perfect for that dream getaway (or just cocktails in your backyard).

Dress, Adrienne Vittadini Collection, \$398. Flats, Pretty Ballerinas, \$195.

### ◀ *a striped t-shirt dress*

Soft and easy to move in, this sweet little number just became your Saturday a.m. lifesaver.

Dress, KAS Designs, \$135.

Sneakers, Keds, \$50.





*a playful  
sheath*

The most classic, looks-good-forever shape, sparked up with polka dots and fun cherry-red stitching. Dress, Yoana Baraschi, \$329.



A woman with long, wavy brown hair and blue eyes is sitting on a large outdoor sofa. She is wearing a bright yellow, sleeveless, knee-length sundress with a gathered waist. She is also wearing gold-colored strappy high-heeled sandals. Her left hand is resting on her knee, and she is looking towards the camera with a slight smile. The sofa has a vibrant red, blue, and white striped pattern. To her left, there is a wooden table. The background is filled with lush green foliage and some purple flowers, suggesting a garden or patio setting. The overall mood is bright and summery.

## *the ultimate sundress*

It's a summertime favorite for a reason: light, simple, yet bare enough to say, "Hey, there's a serious hottie in the room!"

Dress, Catherine Malandrino, \$425. Heels, Chie Mihara, \$375. Faceted strand necklace and triple-strand necklace, both Robindra Unsworth. Pendant necklace, Nicola Yoon. Bangles, Meus Designs.



A woman with long, wavy brown hair is walking through a garden. She is wearing a sleeveless, knee-length dress with bold horizontal stripes in pink, white, and olive green. She is also wearing a chunky necklace of large purple beads and brown leather platform shoes. She is smiling and looking down. The background shows a blue building and lush greenery with red flowers in the foreground.

## *a retro shift*

If you're thinking, I've got a photo of my mom in the '60s, drinking vermouth at a pool party and wearing this dress, you're not wrong. Now it's your turn! Dress, Trina Turk, \$248. Platforms, Kors Michael Kors, \$225. Necklace, Katy Briscoe.





## *a printed shirtdress*

An iconic style—one of those ultra-flattering pieces you really ought to own—goes earthy-cool with swirly paisley.

Dress with belt, Lafayette 148 New York, \$468. Beaded necklaces, Dawn Baker.

Fashion editor:  
Audrey Slater

See shopping guide,  
last pages, for details.






**I am so tired.** I know, who isn't? But seriously, I am so tired that the other day I actually woke up on the couch... while reading a book to my daughter. Tell me if you can relate: After I'm done with work and get the kids into bed, there seems to be another 6½ hours' worth of stuff to do. So, inevitably, I blow right through my dream bedtime of 10 o'clock and stay up making lunches, folding laundry, answering email, and then bonding with my husband—that's important too, right?—with a relaxing episode of *The Walking Dead*. Then

I curl up in bed by the glow of my iPhone (something really important might be happening on eBay!) until *finally*, around midnight, it's lights-out (at least until one of the kids needs water or has a bad dream). Come 5 a.m., when my toddler is at his cheerful, chatty peak, *I am the walking dead*.

Hardly anyone is rested enough these days. The number of adults who get six or fewer hours of sleep a night has increased steadily over the last 20 years and now hovers at about 30 percent, according to the Centers for Disease Control and Prevention.



A photograph of a woman and a young girl lying in bed. The woman is on the right, wearing a patterned nightgown, and the girl is on the left, wearing a white nightgown. They are both looking at a red handheld device. A large, light-colored dog is lying in the foreground, partially covered by a purple blanket. In the background, there is a vase with pink flowers on a nightstand.

Are you sleeping with the enemy? It's not only kids and dogs keeping you up: Cell phones, laptops, and TV are even more likely to rob you of shut-eye.

# End the no-sleep insanity

Ever feel like you won't rest in peace until you actually rest in peace? New research confirms that American families are perilously sleep-deprived. But it's totally fixable! Our easy plan will help everyone in your house conk out fast and wake up fresh. By Lynn Harris  
Photographed by Stephanie Rausser

A whopping 80 percent of teens sleep less than the ideal amount for them (nine hours) on school nights, and some experts believe that part of the hyperactivity epidemic among children may be due to tiredness. Sleep docs say that their practices are booming and that they're seeing more young patients, even kids and teens.

But things may be worst for women—particularly working moms with little kids. A just-released study from the University of Michigan found that working mothers are 2½ times more likely than fathers to wake up during the night to take care of children.

The researchers suggest that this fragmented sleep may mess with not only our well-being but our careers and paychecks, too.

Put everyone's sleep issues together and you've got one snappish, sluggish, low-functioning family. Enter our one-week plan to help you nab not just more sleep but *better* sleep—the kind that energizes you all day, and actually helps you live longer! But first, some crucial facts about how sleep fell to the bottom of our collective priority list, and why it needs to inch back up to the top slot. ►





#### Sleep fact

### TECHNOLOGY IS RUNNING DOWN YOUR BATTERY

Families have had jobs and kids and money problems and other stresses since... forever. So what is it about the way we live now that has pushed lack of sleep to epidemic proportions? The explanation we heard over and over from experts: We never unplug. "We live in a 24-hour world, with work—and fun—available to us at any minute with our gizmos and gadgets. It's all chipping away at the time we ought to be sleeping," says Meir Kryger, M.D., director of sleep medicine research and education at Gaylord Hospital in Wallingford, CT. And it's not only the lure of information or entertainment from our gadgets that keep us awake; it's the actual light they emit. The blue spectrum light from computers, televisions, and mobile phones suppresses the production of melatonin, a hormone that helps you nod off at night. "Staring at a screen actually raises your energy level. It's like having caffeine right before bed," says Robert Beckerman,

60 percent  
of American women  
say they get a good  
night's sleep  
only a few times a  
week or less.

M.D., medical director of the Comprehensive Sleep Disorders Center at Children's Mercy Hospitals and Clinics in Kansas City, MO. A reading light, or even a Kindle (which doesn't emit blue light), is one thing—but pillow-texting, iPad-surfing, computing, and TV-watching make it harder to fall and stay asleep.

Teens may have it worst of all. As you might have noticed, they're inseparable from their gadgets, with the average teen or tween sending more than 3,000 texts per month, and 34 each night after (supposedly) going to bed. Research has found that more than half of kids and teenagers who text or surf the Web at bedtime are likely to experience mood, behavior, and cognitive problems during the day, including hyperactivity and difficulty paying attention. The result: lower grades and, in some cases, unnecessary medication. "There is a whole population of kids taking drugs for ADHD who probably don't need to; some of them may just be sleep-deprived," says David Edelson, M.D., assistant clinical professor of medicine at Albert Einstein College of Medicine in New York City.



#### Sleep fact

### BEING TIRED IS LITERALLY MAKING YOU SICK

"Every organ system is negatively affected by sleep deprivation," says clinical psychologist and sleep expert Michael Breus, Ph.D., author of *Beauty Sleep: Look Younger, Lose Weight, and Feel Great*







About half of women say they're likely to eat sugary foods to stay awake when they're sleepy, and 65 percent sip more coffee.

*Through Better Sleep.* A recent study from the Emory University School of Medicine in Atlanta found that poor sleep increases inflammation, which can restrict blood flow and increase the risk of heart attack and stroke. Other research has linked it to risk factors for diabetes—and even the flu vaccine doesn't work as well in people who are tired, Breus says. And it's not just grown-ups who are at risk. Edelson says he is seeing more and more insulin resistance, diabetes, and hypertension among his younger patients, and he blames some of that on poor sleep. It's making us fat, too. Experts estimate that obesity in anywhere from 5 to 13 percent of children and 3 to 5 percent of adults

can be attributed to lack of rest. When you're sleep-deprived, your body produces more ghrelin—a hormone that stimulates appetite—and less leptin, which suppresses appetite. (My own personal research also confirms, consistently, that the later you're up, the more chocolate you eat!)



#### Sleep fact

### SLEEP IS NOT A WASTE OF TIME

"People say they wish they didn't have to sleep so that they could be more productive," says Janet Kennedy, Ph.D., a clinical psychologist in New York City who specializes in sleep disorders. "But productivity essentially hinges on sleep." So the more we stay up to get things done, the less we... get done. Overtired adults have cognitive, memory, and motor-skills problems and perform poorly at work, research has shown.

Sleepiness is also a ruthless and efficient killer of romance. In one recent National Sleep Foundation poll, 20 percent of respondents said that tiredness had cost them their interest in sex—and as any one of us knows, lack of sleep saps patience, too. Couples may clash out of sheer exhaustion, over conflicting approaches to children's bedtime issues, or because of simmering anger that one partner, for whatever reason, gets more sleep. Annie Tandy, 31, of Western Springs, IL, says she basically didn't get a good night's rest for 2½ years while her son was going through a poor sleeping phase when only she could comfort him. "My husband slept through almost all of it," she recalls. "I was not only exhausted; I was also resentful."

The more worn out you are, the less likely you are to have the energy to coerce your kids into going to bed earlier, or make other changes to your family-wide sleep habits. So turn the page to find out how to break you and your family out of a vicious sleep cycle. All it takes is one change each day for a week. ►

## Sleep disorders:

### How to know if something's really wrong

*Everyone has a restless night once in a while, but if someone in your family has chronic sleep issues, see a specialist. These are a few key symptoms—besides sheer exhaustion—to look out for:*

#### Wiggling—a lot

People with restless leg syndrome—a neurological disorder affecting 10 percent of adults and 2 percent of children—have a pressing urge to move their legs when they lie down to rest. The "buzzing" or itchy sensation can keep you from falling asleep or wake you up during the night. Treatments include exercise, relaxation techniques, and, in some cases, medication.

#### Snoring loudly

Though men are more likely to have sleep apnea, women, and even children, are being diagnosed with it in greater numbers. Sufferers may gasp and actually stop breathing

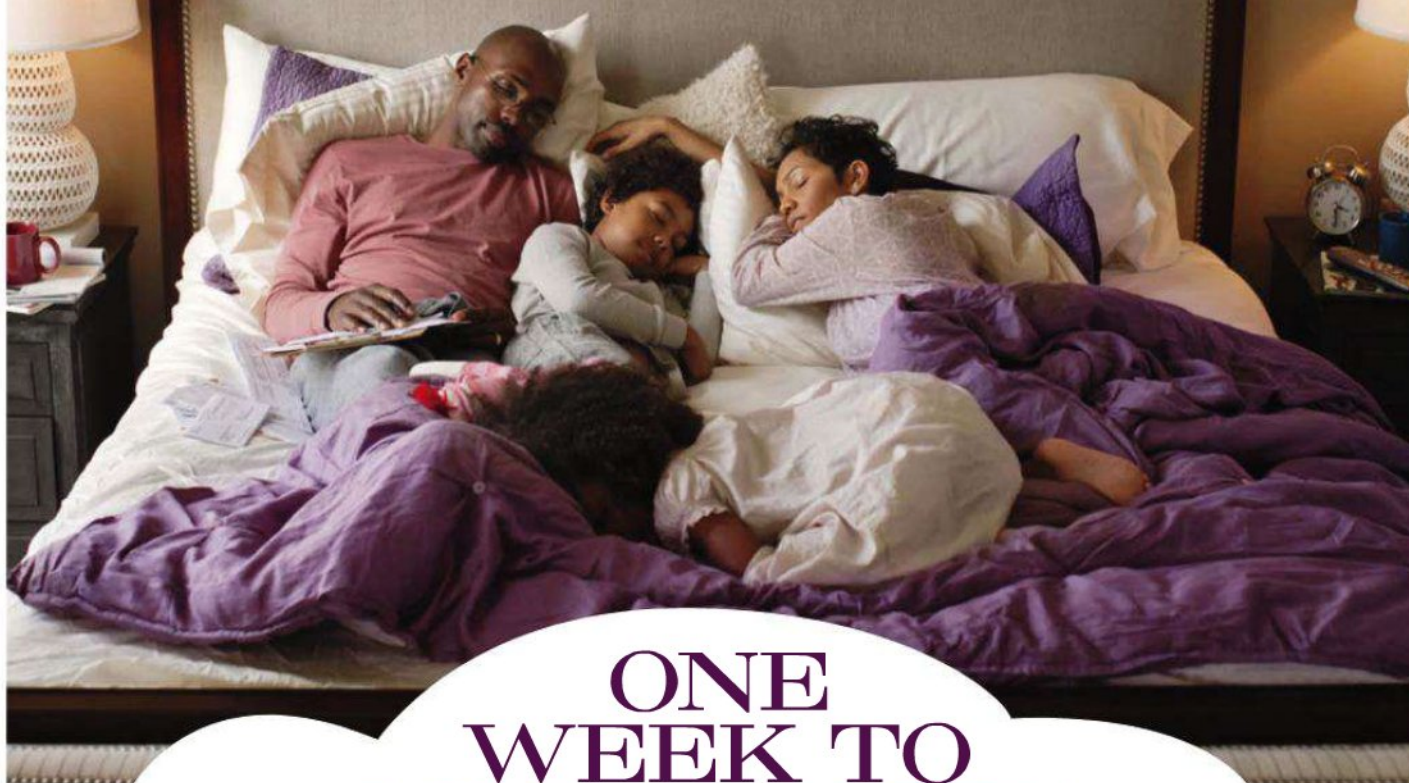
hundreds of times a night—and if left untreated, it can lead to heart disease. Other symptoms include morning headaches and night sweats. Treatments range from weight loss to wearing a mask that pushes air into your nose, mouth, and throat.

#### Chronic trouble falling or staying asleep

About 30 to 40 percent of adults have insomnia—a period of regular trouble falling or staying sleep—within a given year. It's considered chronic if it lasts longer than a month, and may require treatment with behavioral or environmental changes, relaxation techniques, and sometimes medication.

28 percent of poor sleepers say they're too tired to exercise, while 23 percent say they're too tired to eat healthy.





# ONE WEEK TO MORE SLEEP!

Our expert-approved plan will improve your family's nights—and every waking hour, too. Make one tweak each day, and don't be surprised if you start to feel happier, more energized, and more productive before the week is even over.

## DAY 1 | SET A SCHEDULE

"If I had to recommend just one thing, it would be to stick to regular bedtimes and wake times," says sleep specialist Michael Breus. (Yes, even on weekends.) "The more consistent you are, the more your brain knows it's time to go to sleep, and you'll nod off faster." Being more rested during the week means you won't "need" to sleep in on weekends anyway—which, experts say, is not enough to pay back your sleep debt. Faith McGown, of Minneapolis, did this with her 10-year-old daughter who, as a competitive figure skater, has early-morning practices several times a week. "Waking up and going to bed at the same time every day—around 6:45 a.m. and 8:30 p.m. for my daughter, 9:30 p.m. for me—helped us feel more rested than scheduling our sleep around her ice time," Faith says.

## DAY 2 | UNPLUG FOR AN HOUR

Set the alarm on your phone to go off one hour before bedtime, Breus suggests. That's when all electronic devices get turned off, the last bits of lunches are packed, the lights are dimmed, and settling down begins. "Our bedtime routine has become sacred," says Leta Hamilton, 38, a mom of three in Sammamish, WA, who was frustrated with the time it used to take for her kids to stop

messing around and sleep after lights-out. "I may not always go to bed at 9 p.m. with my children, but my husband does. He gets up very early for work. My children like the 'family bedtime' and appreciate that going to sleep is something we do together, not just an expectation placed on them by us. The hour between 8 and 9 is filled with play, books, and talking, and it's when I receive the most *I love you's* and cuddles."

*That's lovely, you're thinking, but my teen will (in her words) SERIOUSLY DIE if forced to spend even one hour cell-phone-free.* The best way to enforce it? Lead by example. "You can't expect your kids to do it if you're still on your BlackBerry or playing Angry Birds," says clinical psychologist Janet Kennedy. Replace tech time with something else—say, family reading or a check-in where everyone says what they did that day and have on deck for tomorrow. "They'll roll their eyes and protest, but kids secretly like it when parents provide structure," she says. (If all else fails, tell them a lack of sleep can cause acne—it's true!)

## DAY 3 | LIMIT CAFFEINE

You knew this was coming. Some experts say to stop coffee after 4 p.m., some noon—but they all agree on this: If you say caffeine "doesn't affect" you, you're wrong. It may not

stop you from falling asleep, but it does—even hours later—interfere with your ability to *stay* asleep. Try to cut down on how much you're having. When that 3 p.m. Starbucks urge hits, go half-caf or switch to tea, and work toward having decaf. Even better? Try another pick-me-up, like a walk. And take a closer look at the caffeine your kids are ingesting: Some sodas and other drinks can have as much as a cup of coffee. (Go to [redbookmag.com/buzz](http://redbookmag.com/buzz) for the caffeine in popular food and drinks.)

## A happy bedtime story

Nikki Maxwell, 41, is living (or, rather, sleeping) proof that a whole family's bedtime routine can be changed for the better. The North Hills, CA, mom nicknamed her kids the Night Owl, 11, the Early Bird, 8, and the Turtle, 5, because of their sleep personalities. One stays up late, another springs out of bed at 5 a.m., and the last sleeps whenever he wants (and late naps



#### DAY 4 | MAKE HIM HELP AT NIGHT

Nights for Michele Gill, of Orlando, used to be filled with a superfussy baby, a husband who slept through everything, and fantasies about “being alone in a hotel and sleeping for 24 hours straight.” What helped: “We figured out a plan where I would nurse Aaron, then my husband would take over and bounce him to sleep on an exercise ball,” she says. “My husband had to learn some new tricks and my son had to adjust, but we persevered because both of us knew it wasn’t going to work for me to be so sleep-deprived all the time.” Now, with a second baby, they still divvy up the nighttime duties. “If I get up early on a weekend, I get to take a nap later, and he gets the same deal,” she says.

#### DAY 5 | QUIT YOUR SNOOZE HABIT

Ban cell phones from nightstands and get an alarm clock without a snooze function (yes, they still make them!). “That button was one of the worst inventions ever,” Breus says. “The seven- to nine-minute interval doesn’t give you a chance to get back into restorative sleep. You’re better off just setting your alarm for a full half hour later than hitting snooze three times.”

#### DAY 6 | PRACTICE JUST SAYING NO

To really put sleep first, it’s crucial to resist overscheduling and to pare down commitments, says psychologist and sleep specialist Shelby Freedman Harris, Psy.D.: “Separate what’s really necessary for you to do versus what society tells you you have to

do.” You might even consider taking action against societal sleep-sappers, pushing back against early school meetings and start times. (In the ’50s and ’60s, schools started between 8:30 and 9 a.m.; now many start at 7:30 or earlier.) In several districts across the nation, experiments with later high school start times have correlated with kids sleeping longer and with significant drops in the rate of student car accidents. If you’d like to raise the issue in your town, you can find advocacy tips at [sleepfoundation.org](http://sleepfoundation.org).

#### DAY 7 | NAP!

If your schedule permits at all, go for it. Taking a 20- to 30-minute snooze sometime between noon and 2 p.m. will refresh you but won’t mess up your sleep that night. For Melanie White, 42, a mother in Seattle, working in an afternoon nap may literally save lives. Melanie stage-manages a circus (an actual circus, not just her three young children). “I’ve got people on trapezes who rely on the lights going on at the right moment. If I’m just one beat behind, something really bad could happen,” she says. Napping made her feel more alert and focused. But no matter whose lives we hold in our hands, the key is to give ourselves permission to sleep, even—gasp—during the day when we can. “We think, *If I just finish one or two more things, I’ll feel better*,” says Elizabeth R. Lombardo, Ph.D., a psychologist and the author of *A Happy You*. “But in fact, we should be thinking, *I’m a better mother, worker, friend, and person in society if I get my sleep*.”

lead to late nights). “It’s so hard to get a solid chunk of sleep time, and I can never really catch up,” she says. “I could see the effect that not sleeping had on my energy, my stamina, my migraines, my patience, my marriage, and every other area of my life.” As for her kids, “Without a bedtime routine, they got superwhiny and were having problems in school.”

So Nikki and her husband, Bill, came up with a plan to improve everyone’s sleep habits. After dinner, they have a no-technology rule (see “Unplug for an Hour,” left, to start doing this in your

house), even for Mom and Dad, with the goal of getting all the kids into bed by 7:30 p.m. In the hour after that, the children doze off, in age order, to the sound of whichever “big, fat novel” Bill is reading them at the time. “They’re really into that part, so it motivates them to get their jammies on,” Nikki says. Sometimes the Night Owl even reads the Turtle to sleep and then gets book time of her own. “It’s a process of winding them down gradually,” Nikki says. Plus, she’s getting more sleep too: “I find that the more regular our routine, the better I feel.”

## HOW MUCH SLEEP YOU ALL NEED

Use these ranges as a starting point, but if your child is cranky, dozes off on car trips, has trouble waking up in the morning, or wakes up a lot during the night, he may need more shut-eye.

**Newborns** (0 to 2 months)  
**12 to 18 hours**

**Infants** (3 to 11 months)  
**14 to 15 hours, including naps**  
Human growth hormone, which spurs body and brain development, is secreted during certain stages of sleep, so growth can be stunted in babies that don’t get enough.

**Toddlers** (1 to 3 years)  
**12 to 14 hours, including naps**

**Preschoolers**  
(3 to 5 years)  
**11 to 13 hours, including naps**  
Lack of sleep in kids under 5 has been linked to obesity later in life.

**Schoolage kids**  
(5 to 10 years)  
**10 to 11 hours**  
Inadequate rest can lead to hyperactivity, learning problems, and behavioral issues in school-age children, studies have shown.

**Teens and preteens**  
(10 to 17 years)  
**8½ to 9¼ hours**  
Studies suggest that sleepy teens are more prone to depression, attention problems, poor grades, and even car accidents.

**Grown-ups**  
**7 to 9 hours**  
Just one to two nights of bad sleep can increase heart rate, blood pressure, and inflammation in the body (all bad for the heart) as well as increase appetite (bad for the waistline).

Source: The National Sleep Foundation



# mood makeup

She's gorgeously goofy on the CBS hit *How I Met Your Mother*, but Cobie Smulders has more range than that! She gets all emotional—feisty, serene, sexy—with the help of spring's best beauty ideas. Makeup as mood ring? Try it on. Photographed by Andrew Macpherson

## happy

“What makes me happy is having a tickle-fest with my 22-month-old daughter, Shaelyn. Or really, with *anyone* who's available.”

One hit of bright, playful color—turquoise definitely qualifies!—sends an instant message of joy. For a look that's less daring but still striking, “pick just one spot for the blue liner,” says Kara Yoshimoto Bua, the makeup artist who created these looks. “Make blue or green eyes glow by smudging a bit of blue liner in the inner rims of your lower lids, just below your irises. For brown eyes, swipe and smudge it right at the outer corners.” On eyes: Urban Decay 24/7 Glide-On Shadow Pencil in Clash, \$20. YSL Ombre Solo Eye in Topaz Blue, \$30. On cheeks: Bodyography Crème Blush in Nectar, \$16. On lips: Rimmel Moisture Renew Lip Colour in Auburn Breeze, \$6.79.



HAIR: DAVY NEWKIRK AT TRACEYMATTINGLY.COM. MAKEUP: KARA YOSHIMOTO BUA AT TRACEYMATTINGLY.COM. MANICURE: TRACY CLEMENS FOR CLOUTIER REMIX USING DIOR BEAUTY. STYLIST: MARIA DIVARIS AT CLOUTIER REMIX. POMPER: GABRIELA CADENALIS.





sexy

“For me, sexy is  
date night  
with my fiancé,  
when we eat  
really well  
and spend  
time together.  
And have sex.  
Really well.”

Warm metallics on eyes and cheeks say, “Come closer... closer....” For a subtle seduction, dab shimmery taupe, pewter, or brown cream shadow onto the center of your lids, then feather the color outward. On eyes: Stila Eye Shadow Pan in Holly Golightly, \$18. Wet N Wild Megalash Clinical Mascara, \$4.99. On cheeks and shoulders: Nars Laguna Illuminator, \$29. On lips: Smashbox Limitless Long Wear Lip Gloss with SPF 15 in Timeless, \$21.

DRESS: PAMELA ROLANDS. RING, EARRINGS: SOCHEE.





**confident**

“It’s amazing what a little lip will do: I feel like a professional corporate woman. Or like I’m in a Robert Palmer video!”

Got a negotiation coming up? Go in armed with red lips and power brows. Holy badass! Line lips with a pencil that’s slightly darker than your skin tone, then apply a smudge of lipstick only to the center of your mouth. “Using your ring finger, blend outward,” Bua says. On brows: Dalton Airless Brow Fix & Brow Brush in Brunette, \$28. On eyes: Revlon Colorstay Eyeliner in Charcoal, \$7.39. On cheeks: Philosophy Divine Blushing Bronzer in Light, \$28. On lips: Mirabella Lip Definer in Moxie, \$16. Chanel Rouge Allure in Flamboyante, \$32.



If you've snatched a moment to chill, don't waste it putting on a lot of makeup! Use soft pink on cheeks and lips and a swipe of brown mascara—just right for a lazy day. On eyes: Flirt All That Lash Volumizing Mascara in Brown, \$14. On cheeks: Mally Blush Single in Springtime, \$18. On lips: Burt's Bees Replenishing Lip Balm with Pomegranate Oil, \$3.

**relaxed**

“When I want to relax, I plop down on my couch and watch some great movie, usually a British drama—*anything* with Colin Firth.”





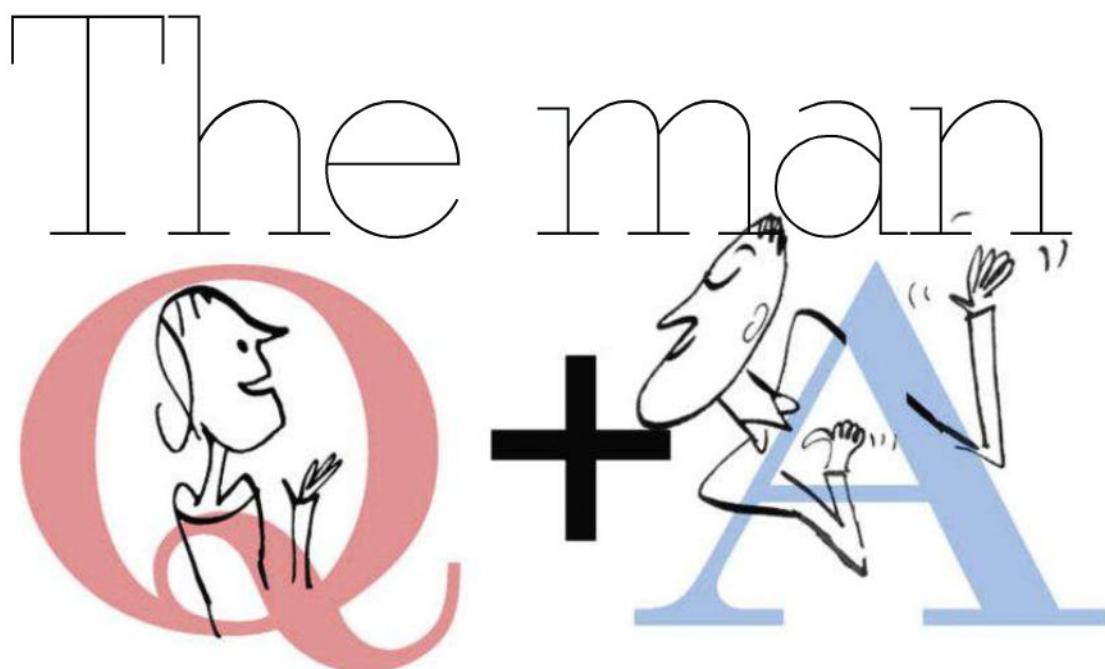
**feisty**

“Secretly, or maybe not so secretly,  
I’ve always wanted to be a  
rock star. This look makes  
me want to rock out to some  
Pat Benatar, karaoke-style.”

Do smudgy, smoky black shadow with nothing but pale lips and a pout. (Hey, it works for Angelina!) The tamer version? Use dark brown eyeliner instead of black, Bua says. “Smudge it into your lash lines, between the roots, for soft definition.” On eyes: Dior 5-Colour Eyeshadow in Gris-Gris, \$58. L’Oreal Double Extend Eye Illuminator Mascara in Black Crystal, \$10.95. On lips: Mac Viva Glam Gaga 2 Lipstick, \$14.50.

See shopping guide, last pages, for details.





## Everything you wanted to know about your guy but were too annoyed to ask.

By Aaron Traister Illustrated by Serge Bloch

Every day, REDBOOK readers email columnist Aaron Traister to ask questions about the men in their lives: Why is it so hard for him to spit out the words *I'm sorry*? Is my husband the only man in the world who doesn't want to have sex? (He's not—Aaron gets this one all the time.) And what's up with that wiry hair protruding from his left nostril?! Aaron answers online, kind of like individual counseling, but we decided it was time for group therapy. It helps just to know you're not alone!

### **Q: Why does my husband remember so many things about sports but nothing I told him yesterday?**

Our relationship with sports predates our relationship with you by many, many years. I remember exactly where I was when the Phillies lost the 1993 World Series; I know who I was with and what I did when the Eagles converted fourth and 26 against the Green Bay Packers (I jumped on my friend's back and rode him around my living room). We've been fluent in sports forever, whereas we've only been speaking feelings and to-do lists for a few years. So sometimes we go blank, like a poor student in Spanish class who zones out because he can't follow. Example: My wife, Karel, says, "When Jane and Garth actually get married, they'll discover how it changes their relationship." And I think, *I didn't even know Jane and Garth weren't married. Better say "Yup" so she thinks I'm still here.*

### **Q: Should I be worried if my husband has an "office wife"?**

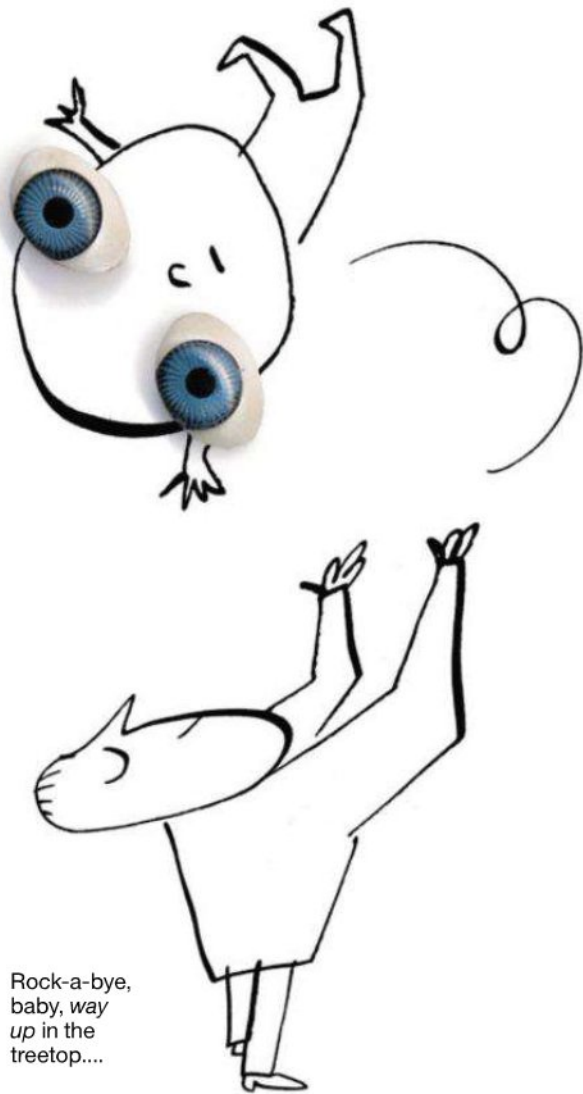
I would be if I discovered that Karel had another spouse, office or otherwise. I think a guy's asking for trouble at home *and* at work if

he has a relationship with a colleague that is intimate enough to involve the word *wife*. Men aren't always good at answering tough relationship questions, like: Is it okay for me to go out to lunch alone with my "office wife"? What about drinks after work, even with a group? Is it awkward if we have to travel together? Will coworkers get the wrong idea? Hell, I'm not sure even a woman could answer these, which is why I prefer to leave all forms of polygamy to *Big Love*.



Cheating? Or just prepping for a meeting?





Rock-a-bye,  
baby, way  
up in the  
treetop....

**Q: Why does my husband swing our kids around and shake them upside down when he knows they just ate or need to go to sleep?**

Reason 1: Children are easier to chase and catch when they're trying to digest or are just about ready for bed. That post-dinner sleepiness also means that when your husband throws them around, he's less likely to get a flailing knee to the head or hyper-toddler-energy-fueled elbow to the crotch. Those are things I take into account before I jostle *my* kids around.

Reason 2: When your husband sees the finish line for the kids' day, he gets excited. For me, it's like I'm running a 5K and I get a burst of energy when I know I've reached the last mile. I love my kids, but I want them to go to sleep so that I can have some time with my wife, *alone*. When I know that moment is near, I feel like jumping for joy, or... grabbing my kids, tossing them in the air, attacking them with a pillow, wrestling them to the ground, flipping them over, and generally shaking them up like a bottle of seltzer left in a Volkswagen on the hottest day of the year.

**Q: Why won't men say they're sorry? "I'm sorry you're upset" doesn't count!**

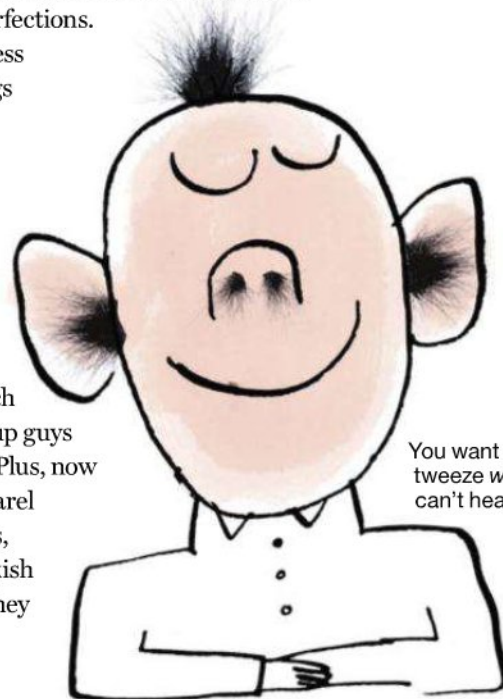
We're stubborn. Saying sorry is admitting we're wrong and that we take responsibility for whatever is blowing up in our relationship or our life. In fact, the wronger I know I am, the less likely I am to say, "I'm sorry." Chalk it up to the "man of the house" hangover, but many of us still struggle with the idea that our word is no longer the final word. We are a generation of guys who saw that our grandfathers, and in some cases our fathers, never had to apologize to their wives for anything, even when it was obvious to everyone they were wrong. Progress is hard. Um, sorry.

**Q: Do guys really think women look better without makeup?** I really do think women look better without makeup. However, when Karel read this, she told me I had no idea what I was talking about, and that what I think is "no makeup" is actually "natural makeup." I'm not sure what natural makeup involves, but Karel is probably right on this one.

**Q: Do men not notice when they have a single, extra-long eyebrow (or nose, or ear) hair? Or do they know it's there but just don't care?**

Yes, I notice all my weird hairs, rashes, and boils. I'm comfortable with my body and its imperfections.

Most guys are much less disturbed by the things women find so gross on their own bodies, and unless we're single and trying to attract an easily repulsed member of the opposite sex, a lot of us let things slide. There just isn't as much pressure for coupled-up guys to look a certain way. Plus, now that we're married, Karel tweezes, plucks, pokes, and trims all my freakish growths long before they start to bother me.



You want me to tweeze *what*? I can't hear you.



# You'd be amazed at the bizarre things that go

## Q: Why can't men tolerate hearing anything negative about their moms?

Moms are sacred to us because they were the first women in our lives, and they spent most of their youth keeping us fed, healthy, and happy—and many of them sacrificed a lot to do so. Also, most of us put our mothers through hell with worry in our teens and have been trying to make up for it ever since, and your negativity isn't helping. But mostly, no guy wants to hear the woman he loves ripping on the other woman he loves. So leave his mom alone, unless she's egregiously overstepping boundaries and intruding on your life as a couple, and then broach it *veeery* slowly, and be *veeery* careful in your choice of words.

## Q: Why does he put the moves on me when he can see I'm in a terrible mood?

Because sex is like a combination of penicillin and Zoloft for men: It's a cure-all and antidepressant rolled into one. We just assume the same is true for you. Your mom's in the hospital for hip-replacement surgery? Sex will cheer you up. Worried about getting laid off? Getting laid will take your mind off it. Here comes the comet? Let's have sex—at least we'll go out with a bang. Your guy isn't being selfish; he really wants to help, and he's suggesting something he thinks will be mutually beneficial. If you are *positive* a quickie won't boost your mood, let him down easy, or you may wind up with *two* foul-tempered people.

as we are, which is sexy. Also, sex toys still seem appealingly exotic to a lot of guys. But if you're always busting out the same old sex toy, I can see how it might get vaguely insulting, like you're in it to win it quickly and reliably and you're not interested in experimenting with your partner. Every so often, put down the toy and see what else turns you on. As long as you mix things up, the use of a battery-powered love machine shouldn't bruise the ego of your non-battery-powered love machine.

## Q: What does he have against my friends?

He may not have anything against them—he just can't keep them straight. I have two friends, and my wife loves them. Karel has a million friends: college besties, high school besties, work friends, mom friends. You guys have deep relationships and superficial ones that look almost identical. I think our attitude is interpreted as cold when, in fact, it is confused. We don't understand your level of investment in some of your friendships, so we're not sure what *our* level of investment should be.

## Q: Do guys think about other women during sex?

You'd be amazed at the bizarre things that go through a guy's mind while he's having sex. Everyone knows the "thinking about baseball to postpone the inevitable" cliché, but it isn't relegated to baseball. There's also: Clowns. Shark Week. Armored cars. An old episode of *MTV Cribs*. Recycling. And yes, it's possible your guy is thinking about other women, but it's not a reflection on you or your relationship. I don't know if you've noticed, but men's faculties become slightly compromised during sex. We can't conjure or dismiss particular mental images, which could be anything from a woman we saw earlier in the day to a geology exam from high school. It's like the lid on the trash can of our mind topples off and random garbage spills out. Trust me: Other women are the least of your concerns.

## Q: Do they not notice—or care—if we smell when they move in for the kill?

Did we notice your new haircut? Your new dress? That new perfume you're trying? You guys give us *way* too much credit for having standards. I once got intimate with a woman who had a pretty bad case of shingles, which Google Health describes as: "Red patches on the skin, followed by small blisters.... The blisters break, forming ulcers that begin to dry and form crusts." If I'm undeterred by a medical condition involving the words *blisters* and *crust*, then you don't need to worry about how you smell. Besides, we're too busy focusing on the amazing visual aid that is your body to notice anything else.

## Q: Why do men sit with their legs splayed at a 100-degree angle?

It's very hard to explain how uncomfortable it is to keep your legs closed to a group of people who don't have penises.

## Q: Are men really okay with sex toys?

Most men are totally cool with sex toys, most of the time. Using them implies that you're as committed to getting off

What part of "back off" did he not understand?



## through a guy's mind during sex.

### Q: Do guys secretly use our products in the bathroom?

Oh, yeah, we do. Karel has this sand-lotion stuff that smells like cinnamon and butter, and when you rub it into your skin, you get all tingly, and then when you wash it off and get out of the shower, your skin is still tingly. I swear it feels like you're standing on a mountaintop nude, except you smell like cinnamon. But don't buy fancy potions just for us; having our own would make us feel sketched out that we use "products."

### Q: Why does my husband seem to never want sex? I know he isn't having a physical affair. Could he be having an emotional one?

This is easily the most common question I get, so you are far from alone. I can't know why your husband doesn't want sex, but there are a million potential reasons. Maybe he's one of those guys without a huge sex drive. I have a friend like that. He married a lovely young woman who feels the exact same way, and they're very happy together. Maybe something at work is stressing him out and killing his sexual appetite. Maybe he's feeling insecure about your relationship or his own attractiveness. Maybe he has erectile dysfunction issues, or another health problem. And yes, it's possible that he's having an emotional affair.

I can't diagnose the problem, but I can say this: Before you tackle the physical issues in your relationship, it sounds like you need to tackle the verbal ones. Instead of asking me what's wrong, ask your husband. More than likely, it will be an uncomfortable and even painful conversation, and you may need to enlist a doctor or counselor. Whatever you do will be worth it, though. Because if you can't have sex with your husband, and you can't have the hard conversations with your husband, what do you actually *have* with your husband?

**Q: Why are fart and penis jokes so damn funny? Why are my guy and his friends telling the same fart and penis jokes they've told for the last 20 years?** Allow me to answer your question with a question: Why can't



women see the hilarity in penis and fart jokes? They're hilarious! The reason we're telling these jokes 20 years after we learned them is because a) We're perfecting our timing, and b) You can't go wrong with the classics.

### Q: Why does he always ask me where I put his things when I haven't even touched them?

This isn't a guy thing. Karel pulls the same routine with me, and it drives me crazy. She doesn't even bother looking before she asks me where I put her keys, glasses, or phone. I'll find her standing right in front of her glasses while she's asking me where I moved them. It's the total lack of effort I find so vexing, like she's asking me to use my eyes so she doesn't have to use hers. So in closing, I'm right there with you in wishing I understood this phenomenon. Sing it, sister. ®

*Got a man question for Aaron? The expert is in! Email it to [redbook@hearst.com](mailto:redbook@hearst.com) (subject: Whys Guy) or post it on his blog at [redbookmag.com/aaron](http://redbookmag.com/aaron).*

## AND FINALLY, KAREL WANTS TO KNOW...



**Why do you say it will only take you 15 minutes to do something when you know it will be more like an hour? Or two hours? You know, like driving somewhere or meeting a work deadline?**

I like to say things will take 15 minutes because it makes you go away for a while, specifically for 15 minutes. If I tell you that writing a blog post is going to take two hours, then you give me crap about how long it's going to take. You list all the other stuff we need to do, and then we start fighting, and it ends up taking me even longer. When it comes to driving, I tell you it'll take me 15 minutes to get somewhere because, again, if I told you the truth, you'd gripe about it, and I don't want to argue with you while I drive.



# 1 Dream Room 15 Real Ideas

Channel your inner Audrey in this Tiffany-blue office filled with vintage prints and flirty details. One minute behind that desk and you'll be saying, "Can't you see I'm working, dahling?"

"I wanted pink, but I didn't want to turn off my clients who are male," says designer Mary McDonald, author of *Mary McDonald Interiors: The Allure of Style*. "So I chose a feminine version of a manly color. It still has a salon feel without screaming, 'No boys allowed!'"



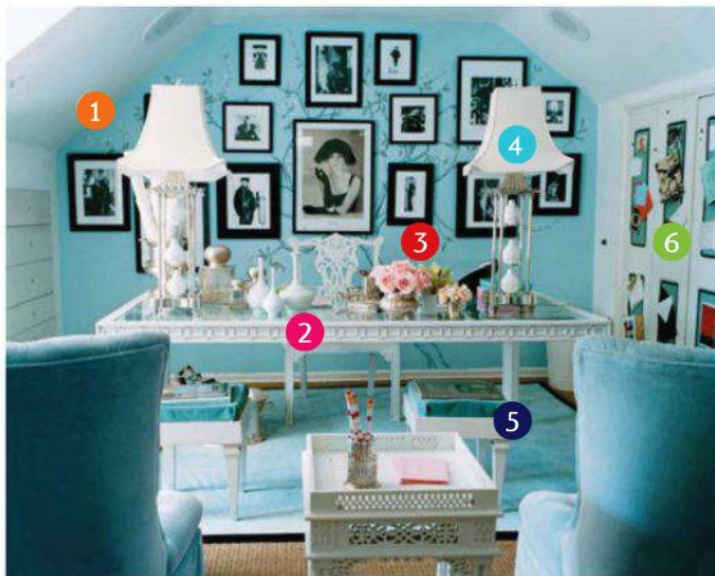




Get an  
office  
this glam...  
for less!



# Dream Room



## → Designer tips!

❶ Tear out black-and-white images from thrift store magazines if you don't feel like ponying up for prints. You can barely tell once you frame 'em. ❷ Use a glass-top table instead of a clunky desk for a more minimal look—and one that's easy to clean. ❸ Add contrast with a few pretty pink accents (but really, just a few). ❹ Tall lamps lend a nice sense of drama. Go for fancy, curvy shades like these for even more elegance. ❺ Square beverage trays are the perfect place to pile magazines and random mail. Then, take them off the stools and you've got extra seating! ❻ Paint bulletin boards and line them with ribbon for cheap custom panels you can use as a spot to hang cards, calendars, and your kids' masterpieces.

Pick a soft **color** you love, add some **pretty** accents, and run with it.

**Narrow metal lamps** add height to the room without blocking your view from behind the desk. ❷ Possini Euro Design brushed-nickel rectangle table lamp, \$130; lampsplus.com. **For a beautiful, tree-trimmed wall**, use blue paint as the base and then apply a wall decal. Sure, you could go with a custom painting, like the designer did here, but this is cheaper and waaay easier. ❸ Ben Interior Paint in Spring Rain #723, \$35.99 per gallon; benjaminmoore.com for stores. ❹ Giant Tree with Falling Leaves large wall decal, \$109; dalidecals.com. **Upholstered chairs** make the room feel comfier and more livable. (Just think: a place for you and your friends to hang out. In peace. Alone.) ❺ Gramercy upholstered chair in Spa Blue Sunbrella, \$379; ballarddesigns.com. **Silver vases** fancy things up even more, and you can stick pens in them. ❻ Grace vase, \$29.95; zgallerie.com. **This detailed desk chair** couldn't be cuter. Ⓜ Pattern bent wood chair, \$199; brocadehome.com. **Place vintage prints in different-size frames** to complete the back wall. We're loving this Audrey portrait, but florals, cityscapes, and family pictures are so much fun too. Ⓜ 12x16-inch *Breakfast at Tiffany's* photographic print, \$29.99; art.com; Ribba frame, \$14.99; ikea.com. **A cushioned stool** doubles as an extra table. Ⓜ X-Base stool in cream, \$249; wisteria.com. **Lacey magnetic boards** do the job—and look lovely. Ⓜ Brocade magnetic bulletin board, \$39.99; containerstore.com.



ROOM: MELANIE ACEVEDO. STILL: COURTESY OF MANUFACTURERS.



# *A Farewell to* **EASY**

You might wonder why I'm leaving you. Well, you are too comfortable. With only you in my life, I can't grow. I learn nothing. I need to push. I need to try. I need to accomplish. And quite frankly, you're holding me back. Don't get me wrong, there were times in the past where I welcomed you. Like that History final. You know the one. But I don't need you anymore. I can do better than you, Easy. And I will prove it.



**OUTWARD  
BOUND**

1 (877) 695-7805 | [outwardbound.org](http://outwardbound.org)







CALIFORNIA PIZZA KITCHEN® CPK® and CREATIVITY ON A CRUST® are trademarks owned and licensed by California Pizza Kitchen, Inc.

## *BBQ Chicken Pizza.*

*So tangy, so saucy, better stock up on napkins.*

Get messy with some down-home BBQ on a crispy thin crust. Another restaurant-inspired creation from CPK®. In your grocer's freezer.

*Creativity on a Crust.™*





# GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



## The Sunday dinner solution

Cook a big meal to cap off the weekend, then coast on delicious leftovers till Wednesday! Plus: ● How to **flash-cook** seafood ● A slimmed-down **sticky bun** (that's still very sticky) ● **Oscar-party secrets** from Wolfgang Puck



← (from previous page)

## Sunday dinner

### Tarragon chicken with roasted vegetables

Prep time: 30 minutes  
Cooking time: 2 hours 40 minutes

#### Roasted vegetables

- 3 medium Yukon Gold potatoes, quartered
- 3 carrots, peeled, cut into 2-inch chunks
- 1 large red onion, cut into 8 wedges
- 2 cups cauliflower florets
- 2 Tbsp olive oil

- 1 tsp kosher salt
- 1/4 tsp ground pepper

#### Chicken

- 1 large roasting chicken (7 to 7 1/2 lb)
- 1 tsp each kosher salt and freshly ground black pepper
- 1 bunch fresh tarragon
- 1 lemon, quartered
- 8 cloves garlic, smashed, peeled

#### 1. Roasted vegetables:

Heat oven to 450°F. Line a large, rimmed baking sheet with foil. Toss all vegetables with olive oil, salt, and pepper in a large

bowl until coated. Spread on prepared baking sheet. Roast 45 minutes, stirring once, or until vegetables are lightly caramelized and tender. Cover loosely with foil and leave at room temperature; leave oven at 450°F.

**2. Chicken:** Rinse chicken inside and out. Snip off any excess fat, season body cavity with half the salt and pepper, then stuff with tarragon, lemon quarters, and garlic. Place chicken in a 13x9-inch roasting pan.

Brush skin with olive oil; sprinkle with remaining salt and pepper.

**3.** Roast chicken 10 minutes at 450°F; reduce oven temp to 350°F and continue to roast 1 hour 45 minutes or until juices run clear and an instant-read thermometer inserted into the thickest part of the thigh registers 175°F. Transfer chicken to a platter. Remove tarragon, lemon, and garlic and discard. Cover chicken loosely with foil; let rest 20 minutes.

Reduce oven temp to 300°F; place roasted vegetables in oven to warm.

**4.** Slice off as much chicken as needed for dinner. Serve with roasted vegetables. Wrap leftover chicken and refrigerate for weeknight meals.

*Makes 4 servings plus leftovers. Each serving (4 oz chicken, plus vegetables): 478 cal, 23g fat, 32g protein, 35g carb.*



## Bonus dinner #1

### Easy pad thai

Prep time: 15 minutes  
Cooking time: 10 minutes

- 1 (8-oz) box pad thai rice noodles
- 2 Tbsp peanut or canola oil
- 8 oz medium shrimp, peeled, deveined
- 1 red bell pepper, seeded, thinly sliced
- 3 fresh jalapeño or serrano chiles, sliced
- 2 tsp minced garlic
- 1 1/2 cups (about 8 oz) shredded roasted chicken
- 1/3 cup pad thai sauce
- 2 tsp reduced-sodium soy sauce
- 2 large eggs, lightly beaten
- 2 cups fresh bean sprouts
- 6 scallions, diagonally sliced
- 1/4 cup fresh cilantro leaves
- 1/4 cup dry-roasted peanuts, coarsely chopped
- Lime wedges

**1.** In a large bowl, cover noodles with boiling water. Let stand 15 minutes until noodles are soft but firm; drain. Rinse under cold water; drain again. Return noodles to

bowl and toss with 1 Tbsp of the oil to coat.  
**2.** In a large nonstick wok or deep skillet, heat remaining oil on high until it's hot enough that a drop of water sizzles. Add shrimp, bell pepper, chiles, and garlic; stir-fry for 2 minutes, until halfway cooked through. Add chicken, noodles, pad thai sauce, and soy sauce; stir-fry, lifting mixture with a pasta fork or tongs, until noodles become tender and sauce is absorbed into noodles, about 4 minutes.  
**3.** Push noodle mixture to one side of pan; pour in eggs and cook, without stirring, 1 minute. Add 1 cup of the bean sprouts and scallions. Continue to toss and stir-fry, combining eggs and noodle mixture until eggs are fully cooked.  
**4.** Transfer to a bowl and top with remaining sprouts, cilantro, and peanuts. Garnish with lime wedges.

*Makes 4 servings. Each serving: 675 cal, 32g fat, 38g protein, 65g carb.*





## Bonus dinner #2

### Chicken pesto flatbreads

Prep time: 10 minutes

Cooking time: 10 minutes

- 4 naan flatbreads or pitas

- $\frac{1}{4}$  cup prepared basil pesto sauce
- 2 cups shredded cooked chicken
- $1\frac{1}{2}$  cups mixed cherry tomatoes, halved or quartered
- 1 shallot, halved, cut into thin strips

- 4 oz fresh mozzarella, diced
  - $\frac{1}{3}$  cup part-skim ricotta cheese
  - 2 Tbsp freshly grated Parmesan cheese
  - $1\frac{1}{3}$  cups baby arugula
1. Heat oven to 450°F.

Place flatbreads on a large baking sheet. Spread with pesto and top with chicken, tomatoes, shallots, and mozzarella. Spoon small dollops of ricotta over each and sprinkle with Parmesan.

2. Bake 8 to 10 minutes or until crusts are golden and crisp and cheese is melted. Top each with arugula leaves.

*Makes 4 servings. Each serving: 617 cal, 29g fat, 39g protein, 51g carb.*





## Sunday dinner

### Garlic roast pork with sautéed peppers

Prep time: 25 minutes  
Cooking time: 1 hour

#### Pork

- 1 1/4 Tbsp each olive oil and red wine vinegar
- 8 garlic cloves, smashed, peeled
- 1/2 cup cilantro leaves
- 1 small shallot
- 1 1/2 tsp kosher salt
- 1/2 tsp ground pepper
- 1 (4-lb) boneless pork-loin roast
- 2/3 cup dry white wine
- 2 Tbsp flour
- 2 cups chicken stock

1. Heat oven to 400°F. In a blender, combine oil, vinegar, garlic, cilantro, shallot, salt, and pepper; puree until a paste forms. Brush garlic mixture all over pork. Place pork, fat side down, in a 13x9x2-inch roasting pan.

2. Roast pork 30 minutes. Turn fat side up and roast 25 minutes longer, or until an instant-read thermometer inserted into center of pork registers 150°F. Remove from oven; transfer pork to a cutting board. Loosely tent with foil and let rest 15 minutes. Pour drippings from roasting pan into a cup and skim off the fat. 3. Place roasting pan on a burner over medium-high heat. Deglaze pan with wine, scraping up browned bits; cook 1 minute, whisking. Whisk in flour until blended, then slowly whisk in stock. Bring to a boil, reduce heat, and simmer 7 minutes, until thickened. Stir in drippings and juices from cutting board.

4. Slice off enough pork for dinner; serve with gravy and sautéed peppers (recipe follows). Side idea: yellow rice. Wrap leftovers and refrigerate for weeknight meals.

*Makes 4 servings plus leftovers. Each serving (4 oz pork, 2 Tbsp gravy): 298 cal, 18g fat, 30g protein, 2g carb.*

#### Sautéed peppers:

Slice one red pepper, one yellow pepper, and an onion. Sauté them in a skillet with 2 Tbsp olive oil over medium heat for 10 minutes. Stir in 3 diced plum tomatoes, cover, and cook on low for 10 minutes, until vegetables are very tender and saucy. Season with kosher salt and pepper to taste. Stir in 2 Tbsp chopped fresh basil.

*Makes 4 servings. Each serving: 114 cal, 7g fat, 2g protein, 13g carb.*

## Bonus dinner #1

### Cuban sandwiches

Prep time: 15 minutes  
Cooking time: 15 minutes

- 4 hero rolls, split
- 2 Tbsp butter, softened
- 1/4 cup Dijon mustard
- 8 thin slices leftover pork (about 8 oz)

- 4 thin slices Virginia ham (about 4 oz)
- 4 thin slices Swiss cheese (about 4 oz)
- 8 bread-and-butter pickle slices

1. Heat oven to 400°F. Spread cut sides of rolls with butter, then mustard. Layer pork on

bottoms; add slices of ham and cheese and a few pickles to cover pork evenly. Cover with top halves.

2. Wrap sandwiches in foil; set on a baking sheet. Invert another baking sheet over sandwiches and weigh down with a

heavy, ovenproof skillet. Bake until heated through, about 15 minutes (or use a panini press). Slice and serve. Side idea: sweet potato fries.

*Makes 4 servings. Each serving: 669 cal, 30g fat, 37g protein, 62g carb.*



## Bonus dinner #2

### Green chili pork

Prep time: 20 minutes  
Cooking time: 10 minutes

- 1 1/4 lb tomatillos, husks removed, halved
- 3-4 jalapeños, halved, seeded
- 1 onion, thickly sliced
- 4 cloves garlic
- 1-1/2 cups chicken broth
- 1 1/2 cups cilantro leaves
- 1/2 tsp dried oregano
- 3 cups leftover cooked pork (cut into 1/2-inch cubes)
- 1 1/2 cups frozen corn
- 1/2 tsp kosher salt

**Toppings:** shredded cheddar cheese, sour cream, lime wedges

1. Heat broiler. On a baking sheet lined with foil, arrange tomatillos and jalapeños (cut sides down), onion slices, and garlic. Lightly coat with olive-oil spray. Broil 7 to 10 minutes, or until lightly charred, and remove from oven. Chop onion; reserve. Peel garlic. 2. Transfer tomatillos, jalapeños, and garlic to a blender. Add broth,

cilantro, and oregano and pulse until slightly chunky salsa forms (add more broth to thin if needed).

3. Pour tomatillo mixture into a large saucepan. Add reserved onion, pork, frozen corn, and salt. Bring to a boil; reduce heat to low and simmer 10 minutes. Add salt and pepper to taste. 4. Serve chili with toppings. Side idea: grilled cornbread slices.

*Makes 4 servings. Each serving: 328 cal, 15g fat, 26g protein, 24g carb.*



## Sunday dinner

### Braised brisket with red wine and rosemary

Prep time: 25 minutes

Cooking time: 4 hours

- 1½ Tbsp smoked sweet paprika
- 1 tsp each kosher salt and ground pepper
- 1 (4½-lb) first-cut beef brisket, most of the fat trimmed
- 3 Tbsp olive oil
- 1 large Spanish onion, diced (2 cups)
- 2 carrots, cut into ½-inch slices
- 3 ribs celery with leaves, cut into ½-inch slices
- 8 garlic cloves, smashed, peeled
- 2 cups dry red wine (14½-oz) can
- 1 fire-roasted diced tomatoes, undrained
- 1 cup reduced-sodium beef stock
- 4 large sprigs fresh rosemary

1. Heat oven to 300°F. Mix paprika, salt, and pepper; rub mixture all over brisket. Heat oil in a large, deep skillet over high heat until it ripples. Add brisket and sear all sides until well browned, 8 minutes. Remove meat to a plate.

2. Add onions, carrots, celery, and garlic to skillet. Reduce heat to medium; sauté 5 minutes. Add wine and boil for 3 minutes on high heat. Stir in tomatoes and stock; boil 5 more minutes. Pour into a 16x12-inch roasting pan; add rosemary.

3. Place brisket on top of vegetables and cover pan tightly with 18-inch-wide heavy-duty foil. Braise in oven for 3½ hours or until meat is fork-tender.

4. Remove meat to a cutting board; cover with foil to rest. Strain pan juices and vegetables into a saucepan, pressing down on vegetables. Discard vegetables. Skim excess fat and bring juices to a boil. Boil until reduced to 2 cups, about 8 minutes.

5. Slice brisket across the grain and serve with gravy. Wrap leftovers and refrigerate for weeknight meals. Side ideas: buttermilk mashed potatoes and broccoli.

*Makes 4 servings plus leftovers. Each serving (4 oz brisket, 2 Tbsp gravy): 347 cal, 17g fat, 45g protein, 2g carb.*



## Bonus dinner #1

### Pappardelle with mushroom-beef ragu

Prep time: 20 minutes

Cooking time: 25 minutes

- 1 Tbsp extra-virgin olive oil
- 2 oz pancetta, diced
- 12 oz cremini mushrooms, cleaned, sliced
- 1 large onion, coarsely chopped
- 3 cloves garlic, chopped
- 1 (16-oz) jar marinara sauce
- 2 cups coarsely chopped leftover cooked brisket (about 10 oz)
- 2 tsp chopped fresh rosemary

- ¼ tsp kosher salt
- ¼ tsp crushed red pepper flakes
- 8 oz dried pappardelle, fettuccine, or linguine pasta
- Fresh Parmesan cheese shavings

1. Bring a large pot of lightly salted water to a boil.

2. Meanwhile, heat oil in a large nonstick skillet over medium heat; add pancetta, mushrooms, onion, and garlic. Cook, stirring frequently, about 10 minutes, or until vegetables are lightly golden and tender. Stir in marinara sauce, brisket, rosemary, salt, and red pepper flakes.

Cover skillet and simmer on low 12 minutes, stirring once or twice.

3. While sauce simmers, add pasta to boiling water and cook according to package directions until al dente. Drain; transfer pasta to a large bowl. Add ragu sauce and toss. Top with Parmesan shavings. Side idea: arugula salad.

*Makes 4 servings. Each serving: 544 cal, 19g fat, 35g protein, 60g carb.*

(Turn the page for bonus dinner #2) ➔





Live deliciously<sup>®</sup>



30% less sodium

100% flavor

0% leftovers

Real Food Made Easy.<sup>™</sup>

30% LESS  
SODIUM

Sacrifice flavor for less sodium? Not with McCormick<sup>®</sup> Less Sodium Seasoning Mixes. From Brown Gravy to Taco to Chili, you get all the mouthwatering flavor without all the sodium. Just combine your own fresh ingredients with McCormick Seasoning Mixes for three more ways to make your meals delicious. Real Food Made Easy.<sup>™</sup>

For more great-tasting recipes, visit [mccormick.com](http://mccormick.com) or call 1-800-MEAL-TIPS



©2010 McCormick & Co., Inc.





## Bonus dinner #2

### Beef picadillo empañadas

Prep time: 20 minutes  
Cooking time: 40 minutes

- 2 Tbsp olive oil
- 1/2 cup diced onion
- 1 1/2 tsp chopped garlic
- 1 tsp ground cumin
- 1 cup tomato sauce
- 1/4 cup each chopped pimento-stuffed olives and raisins
- 1 cup shredded cooked beef brisket
- 3 Tbsp slivered almonds, toasted
- 1/2 cup shredded pepper Jack cheese
- 1 (14-oz) pkg reduced-fat refrigerated pie crusts, brought to room temperature
- 1 large egg, beaten

1. Heat oven to 375°F. Line a baking sheet with parchment paper.  
2. Heat oil in a large skillet over medium heat. Add onion, garlic, and cumin; cook 3 minutes. Stir in

tomato sauce, olives, and raisins and simmer for 3 minutes. Transfer to a bowl. Stir in beef and almonds. Let filling cool slightly, then stir in cheese.  
3. On a lightly floured surface, roll pie crusts into two 13-inch circles. Cut circles into quarters; trim each quarter into a rough 5 1/2-inch circle.  
4. Spoon a generous 1/4 cup of filling onto half of each pastry circle. Fold pastry over filling to enclose; crimp edges to seal. Place empañadas on prepared baking sheet; brush with egg and make a small slit on top of each.  
5. Bake 30 minutes. Side ideas: avocado-radish salad and salsa.

*Makes 4 servings. Each serving: 668 cal, 41g fat, 21g protein, 55g carb.*

## \$3 per serving. Tastes like a million bucks.

For more low-cost, high-flavor meal ideas, visit [mccormick.com/value](http://mccormick.com/value)



†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.



**15-minute seafood dinners** Lose your shellfish phobia—these scallop recipes are quick, delicious, and just about impossible to screw up.



1 lb sea scallops, quartered



2 Tbsp yellow cornmeal



4 hero rolls, cut in half



8 Tbsp tartar sauce or light mayonnaise



2 cups shredded iceberg lettuce



12 thin tomato slices

## Scallop po'boys

1. In a flat pie plate, combine cornmeal and  $\frac{1}{4}$  tsp salt. Coat scallops in cornmeal mixture.
2. Heat 1 Tbsp canola oil in a large nonstick skillet over medium-high heat. Add scallops and stir constantly until golden brown and cooked through, 2 to 3 minutes. Remove with a slotted spoon; drain on paper towels.
3. Spread each roll half with 1 Tbsp tartar sauce. Scatter  $\frac{1}{2}$  cup shredded lettuce on each bottom half.
4. Layer scallops and tomatoes on top of lettuce. Sprinkle with hot sauce and a squeeze of lemon, if desired. Place top half of rolls on scallops.

Side idea: sweet potato chips

Makes 4 servings.

Each serving: 659 cal, 21g fat, 35g protein, 80g carb



1 lb sea scallops



2 red grapefruits, peeled



2 oranges, peeled



1 Tbsp fresh lime juice



$\frac{1}{4}$  cup chopped red onion



2 Tbsp chopped fresh cilantro

## Grilled scallops with citrus salsa

1. Over a medium bowl, cut grapefruits into segments and remove membranes; halve each segment. Repeat with orange segments, but leave them whole. Add lime juice, onion, cilantro, and  $\frac{1}{2}$  tsp coarse salt, tossing to combine.
2. Heat a grill pan over medium-high heat. Toss scallops in 1 Tbsp olive oil and sprinkle with  $\frac{1}{2}$  tsp coarse salt. Grill 4 to 6 minutes, flipping scallops halfway through, until opaque.
3. Serve scallops with citrus salsa on the side.

Makes 4 servings.

Each serving: 229 cal, 5g fat, 24g protein, 22g carb

—RECIPES BY BARBARA CHERNETZ





**Try STOUFFER'S® Stuffed Melts and Soups**  
For when you want your kitchen to double  
as your favorite café.

Café quality in 5 minutes.



**Try Stouffer's Stuffed Melts & Soups**

Herb focaccia bread filled with ham and three  
cheeses, paired with creamy tomato bisque.

• Visit [Stouffers.com](http://Stouffers.com). **Let's fix dinner.™**



**TRY ALL 3 VARIETIES**

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.



Good Food, Good Life



**Who wants a sticky bun?** Be the hero in your house by making these Saturday-morning specials. Ours are gooey-sweet, just like the Cinnabon version—with one third of the calories.



Cinnabon  
Caramel  
Pecanbon  
**1,080**  
CALORIES  
50 grams of fat

**A BURGER AND FRIES FOR BREAKFAST?** One massive Cinnabon Pecanbon has more calories than a Quarter Pounder with cheese and a large order of fries. You could eat two of ours and still take in 30 percent fewer calories.

**WAIT! DON'T ORDER THIS...**

## REDBOOK's caramel pecan sticky buns

### Topping

- 1/2 cup packed dark-brown sugar
- 2 Tbsp unsalted butter
- 2 Tbsp honey
- 1/2 cup toasted pecans, coarsely chopped

### Buns

- 1 (16.3-oz) can of 8 large-size, reduced-fat buttermilk biscuits
- 1/4 cup granulated sugar
- 1 tsp ground cinnamon
- 1 Tbsp butter, melted

### Glaze

- 1/3 cup confectioners' sugar
- 2 tsp low-fat milk

**1.** Heat oven to 400°F. In a small saucepan, heat brown sugar, butter, honey, and 1 Tbsp water over medium heat, until mixture is smooth. Pour into a 9-inch-round cake pan. Sprinkle pecans over mixture, then place biscuits on top of pecans in pan.

**2.** In a small bowl, combine granulated sugar and cinnamon. Brush each biscuit with melted butter; sprinkle with cinnamon-sugar mixture. Bake 20 minutes or until tops of biscuits are browned. Remove from oven and immediately invert onto a wire rack (with foil underneath to catch drips); let cool slightly.

**3.** In a small bowl, whisk together glaze ingredients and drizzle over buns. Serve warm.

*Makes 8 servings. Each serving: 372 cal, 15g fat, 4g protein, 58g carb.*



Restaurant  
redo  
**ONLY**  
**372**  
CALORIES  
15 grams of fat

**MAKE IT HEALTHIER AT HOME!**





Introducing GNC Pets™ Supplements.  
Because your pet's health is as important as your own.



Multivitamins • Hip & Joint • Skin & Coat • Hairball  
Milk Replacers • And More

**PetSmart® is the exclusive pet retailer for GNC Pets.**

You take supplements to be as healthy as you can be. Now your pets can too. PetSmart has partnered with GNC, the leader in human supplements, to bring you GNC Pets. It's a complete line of vitamins and supplements created specifically to give your pet an extra boost that can help support overall health and happiness.

Learn more at [petsmart.com/GNC](http://petsmart.com/GNC).



PETSMART COUPON Valid at PetSmart stores through 4/30/11

**PETSMART**  
We love to see healthy, happy pets.

**SAVE \$3**

Any GNC Pets Supplement

\*Valid through 4/30/11 at PetSmart in the U.S. with coupon. Limit one coupon per transaction. Void if copied. No credit or cash back. Non-transferable. Not valid with any other discount or offer. We reserve the right to limit quantities. Selection may vary by location. No substitutions. Terms and conditions of this offer are subject to change at the sole discretion of PetSmart.

15 162 64787 119





## MARCH'S SUPERFOOD: BEETS

The fresh produce selection in winter can be thin, which makes in-season beets a gem. Plus, they have just 58 calories per cup, 4 grams of fiber, and a third of your daily folate. Pick small bulbs (they're more tender) and, for no-mess prep, wrap beets in foil and bake at 425°F for 45 minutes. Let them cool, then use a paper towel to slide skins off, says culinary dietician Jennifer Cohen Katz, R.D. Cut them into chunks, add toothpicks, and let kids dip them in salad dressing for a snack. —NICOLE YORIO

## 5 LIGHT BREWS WE LOVE

A flood of super-low-calorie new suds in stores and bars inspired us to throw a taste test in the REDBOOK office (now *that* was a tough day at work). We narrowed the field to 11 brands with fewer than 100 calories and 10 grams of carbs per bottle. These five floated to the top.



**1 YUENGLING LIGHT LAGER** (99 calories, 8.8g carb) We were won over by its spiciness and found it “flavorful and full-bodied.” Grab a six-pack: “I’d definitely serve this at a barbecue or party,” said one tester. (Can we get an invite?)

**2 AMSTEL LIGHT** (95 calories, 5g carb) You can’t beat the classic! Our testers loved the “golden color” and “slight sweetness” of this “smooth” lager—it could even pass for regular beer. Said one sipper: “Only 95 calories? No way.”

**3 MGD 64** (64 calories, 2.4g carb) We were floored by how much rich, malty flavor is packed into each bottle. It was “not bitter or watery” like some others we tried, and one tester said, “I’ve found my new happy-hour choice!”

**4 MICHELOB ULTRA POMEGRANATE RASPBERRY** (95 calories, 5.5g carb) This was our favorite of Michelob’s three new fruity beers, and it’s a perfect low-cal alternative for fans of Belgian framboise or other berry-infused brews. Testers said it was “sweet” and “goes down easy.”

**5 SELECT 55** (55 calories, 1.9g carb) The lightest beer on the shelves is surprisingly crisp and refreshing, with a “nice flavor.” It’s a slam dunk for calorie-counters but might not satisfy loyal fans of regular beer. —LAUREL LEIGHT



## HUNGRY GIRL'S FOOD FIX

# Grocery cart makeover!

Give your low-cal staples a rest. “Boredom can easily derail your smart-eating plan,” says Hungry Girl Lisa Lillien. Trust her swaps—she’s taste-tested *everything*!

### INSTEAD OF light cream cheese...



**TRY** The Laughing Cow Light cream cheese wedges. These wedges

(35 calories, 1.5g fat each) are tastier than low-fat cream cheese but less fatty than a regular schmear. Try Swiss on mini bagels or the new blue cheese flavor on whole-grain crackers as a snack.

### INSTEAD OF regular peanut butter...



**TRY** Justin’s Nut Butter spread. Enjoy this amazing all-natural nut butter on sandwiches or serve with apple slices for a filling treat. They come in

tons of decadent flavors—such as chocolate hazelnut and maple almond—in convenient single-serving 80-calorie packs.

### INSTEAD OF plain old skim milk...



**TRY** Blue Diamond Unsweetened Vanilla Almond Breeze. A cup of this vanilla-licious nondairy drink has less than half the calories of cow’s milk. Don’t be scared of the 3g of fat in each serving: It’s the healthy, monounsaturated kind. Use it for cereal, smoothies, or sweet recipes that call for milk.

### INSTEAD OF half gallons of light ice cream...



**TRY** Skinny Cow single-serving cups. Research shows that the larger the container, the more you’ll eat! There’s no need

for self control with these cups (150 to 170 calories each) in flavors like Caramel Cone, Strawberry Cheesecake, and Cookies ‘N Cream. One will totally satisfy you.





MARCH 19, 2011

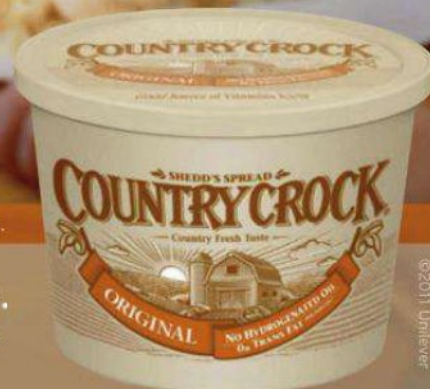
**FRANKIE ACTUALLY HAD A BITE  
OF VEGGIES. AND THEN ANOTHER.  
AND THEN ANOTHER.**

The country fresh taste of Country Crock can help kids to eat their veggies. Moms also choose Country Crock because it has 70% less saturated fat than butter and 0 grams trans fat.\*



\*with 70 calories, 7g fat, 2g saturated fat and 0g trans fat per serving.

**COUNTRY CROCK. Make good habits more delicious.**  
Visit [countrycrock.com](http://countrycrock.com)



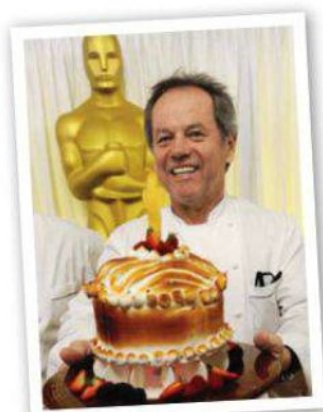
©2011 Unilever



# WHAT I KNOW ABOUT FOOD

## Wolfgang Puck

The 17-time Oscar-night chef knows party tricks *you* can use.



"I don't even think about the Oscar menu until the end of January. My best ideas are last-minute."

"When I cook, I listen to old rock 'n' roll, like Elton John and Pink Floyd. But I love Lady Gaga."



"I love white truffles on pizza. The other day, my 5-year-old son, Oliver, wanted a taste. He was like, 'This is good,' and then ate three. Finally I said, 'Save some for me!'"

**Comfort food is always a winner.** One of the most popular dishes I ever made for the Oscar party was the chicken pot pie with black truffles we served last year. [Get his recipe at [redbookmag.com/wolfgang](http://redbookmag.com/wolfgang).]

**Celebs *do* eat!** By the time they're served dinner, it's 10:30 at night and everyone is starving—especially the women, who didn't eat all day because they had to fit into their dresses. Some even ask for seconds! Barbra Streisand once asked for another order of risotto, and Danny DeVito requested a second lobster.

**Self-serve is best.** Instead of a sit-down dinner, one year we set up six stations in the dining hall, and everyone could come and take what they liked. I loved it, and the younger guests did too. Too bad the old board members insisted we go back to the formal dinner service. But I did a buffet for this year's Grammy awards!

**Don't talk to me about kitchen disasters.** Our first year at the Kodak Theatre, the electricity and gas in the kitchen went out, and we only had meat cooked for 600 people—we still had 1,000 more to go! The power was out for just 15 minutes, but it felt like hours to me. Turns out, the main dining room wasn't affected, so no one noticed that we were panicky behind the scenes.

**Cook for your man—he'll never forget it!** My wife, Gelila, has cooked for me twice in the 10 years we've known each other, so I think she will cook for me five more times in my lifetime. But it's incredible. She is Ethiopian, and they have the flatbreads with vegetables, lentils, and lamb. She made seven dishes; it took all day!

—AS TOLD TO NICOLE YORIO



"When I cook a romantic meal for my wife, Gelila, I'll finish it with chocolate soufflé. And she needs good wine and champagne."



"Justin Timberlake comes to my restaurant for the mini pastrami sandwich. He calls and says, 'You better have my sandwich.'"

### 5 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

#### LATINI PASTA



"The pasta has rough edges that absorb sauces really well."

#### FROZEN PIZZA



"I sprinkle it with fresh Parmesan, olive oil, and chili flakes."

#### VEGGIES FROM THE FARMERS MARKET



"I steam them over salted water until they're just tender."

#### BLACK AND WHITE PEPPERCORNS



"White peppercorns have a milder flavor than black."

#### WHOLE-WHEAT BREAD



"I'm trying to get my kids used to this. It's so much healthier than white."

CLOCKWISE FROM TOP RIGHT: MICHAEL WESCHLER/CORBIS OUTLINE, JOFF LEE/GETTY IMAGES, WIREIMAGE/GETTY IMAGES, PHILIP FRIEDMAN/STUDIO D, MICHAEL GRIMM/GETTY IMAGES, ISTOCKPHOTO.COM, COURTESY OF MANUFACTURER, KEVIN SWEENEY/STUDIO D, ISTOCKPHOTO.COM (2), WIREIMAGE/GETTY IMAGES, GETTY IMAGES.





# Happy belated holidays.

Have that day-after Thanksgiving sandwich all year long.

Introducing *Carving Board* Turkey.





## classified 800-823-1377

Ladies Talk Free to Men Nationwide  
1-800-628-LIVE Men Call 1-800-321-LIVE .69

**FREE PSYCHIC READING** Powerful and Amazing Predictions! Specialists in Love, Destiny, Money, Passions, Fortune, Luck & Problems. 1-800-716-1175

**An Enlightened View Concerning You.** Discuss Business or Personal Matters with Endless Possibilities 888-296-7457

**FREE Audio Samples.** Erotica by Nkosi Moyo  
404-260-1316 ext27 DrPlacebo.com/free2

**Vibrators.com** Get the pleasure you crave and privacy you deserve. Use coupon "RB" save 10% at Vibrators.com

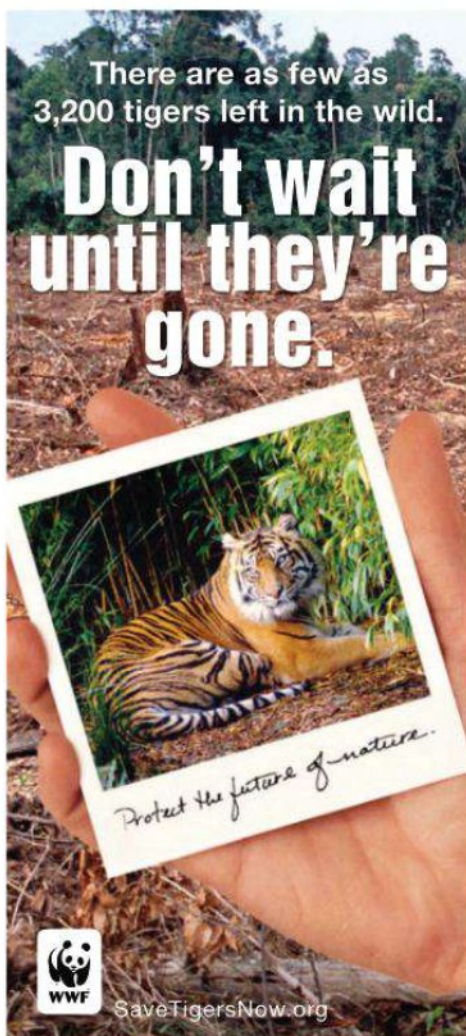
**FREE minutes Call The PSYCHIC STARS® NETWORK**  
PSYCHICSTARS.COM 1-800-461-8328

**ENGINEERS**  
www.members-aie.org

**FREE FOR WOMEN**  
1-888-FREE-SEX ♥ 1-888-373-3739  
Talk to men about your secret fantasies.  
You must be 18 or older to call.



**Ladies FREE  
Hot Sexy Talk!**  
**1-800-507-TALK**



There are as few as  
3,200 tigers left in the wild.

**Don't wait  
until they're  
gone.**

Protect the future of nature.

**WWF** SaveTigersNow.org

### ALL THE TRICKS FOR... BEAUTIFUL BROWS

**PAGE 58:** Tweezerman **Tweezer**, \$25; tweezerman.com. Tart EmphasEyes Waterproof **Brow Mousse**, \$28; qvc.com. TouchBack **BrowMarker**, \$19.95; touchbackbrow.com.

### PRETTY SMART

**PAGE 60:** Daisy Marc Jacobs Eau So Fresh **fragrance**, \$70; daisymarcjacobs.com. Givenchy **Blush Gelée**, \$33; Sephora, sephora.com. Josie Maran Argan Day + Night **Eye Cream**, \$68; Sephora, sephora.com. Avon Anew Clinical Lift and Firm Pro **Serum**, \$54; 800-FOR-AVON or avon.com for a local Avon representative.

### BEAUTY CALL

**PAGE 63:** Laura Mercier Metallic Crème **Eye Color**, \$22; lauramercier.com. Armani Sheer **Lipstick**, \$27; giorgioarmanibeauty-usa.com. Sta-Rite Jumbo **Hair Pins**, \$1.99 for 25; Sally Beauty Supply, sallybeauty.com.

### BEAUTY CONFESSIONS

**PAGE 64:** St. Tropez Wash Off Instant Glow **Mousse**, \$22.50; sttropeztan.com. 100% Pure Cocoa Pigmented **Bronzer**, \$25; 100percentpure.com. Blinc **Mascara**, \$25; blincinc.com.

### Q & TRIPLE A

**PAGE 66:** Bare Escentuals BareMinerals Original SPF 15 **Foundation**, \$25; bareescentuals.com.

### 6 DRESSES FOR THE NEXT 6 MONTHS

**PAGE 132:** KAS Designs **dress**, \$135; edressme.com. Keds "Champion Not Too Shabby" **sneakers**, \$50; keds.com.  
**PAGE 133:** Adrienne Vittadini Collection **dress**, \$398; select Bloomingdales, adriennevittadini.com. Pretty Ballerinas "Marilyn" **flats**, \$195; prettyballerinas.us.  
**PAGE 134:** Yoana Baraschi "Saint Tropez Pin-Up" **dress**, \$329; Gallery Couture, Manhasset, NY, 516-627-5333, yoana baraschi.com.  
**PAGE 135:** Catherine Malandrino **dress**, \$425; Catherine Malandrino boutique, NYC, 212-929-8710. Robindira Unsworth faceted strand **necklace**, \$175, and amethyst and rhodolite garnet triple strand **necklace**, \$413; robindira.com. Nicola Yoon "Tiasa" **necklace**, \$398; nicolayoon.com. Meus Designs **bangles**, \$960 each; meusdesigns.com. Chie Mihara "Vanity" **sandals**, \$375; neimanmarcus.com.  
**PAGE 136:** Trina Turk "Cayli" **dress**, \$248; trinatürk.com. Katy Briscoe **necklace**, \$8,000; katybriscoe.com.

Kors Michael Kors "Whiskey Dillon" **platforms**, \$225; select Michael Kors Lifestyle stores, 866-709-5677.

**PAGE 137:** Lafayette 148 New York **dress**, \$468; bloomingdales.com. Dawn Baker **necklaces**, \$22 to \$40 each; dawn-baker.com.

### MOOD MAKEUP

**PAGE 144:** Urban Decay 24/7 Glide On Shadow **Pencil**, \$20; Sephora, Ulta, sephora.com, ulta.com. YSL Ombre Solo **Eye**, \$30; yslbeautyus.com. Bodyography Crème **Blush**, \$16; bodyography.com.  
**PAGE 146:** Stila **Shadow Pan**, \$18; sephora.com. Nars Laguna **Illuminator**, \$29; narscosmetics.com. Smashbox Limitless Long Wear **Lip Gloss** with SPF 15, \$21; Sephora, Ulta, Nordstrom, smashbox.com, beauty.com.  
**PAGE 147:** Dalton Airless Brow Fix & Brow **Brush**, \$28; QVC, qvc.com. Philosophy Divine Blushing **Bronzer**, \$28; QVC. Mirabella **Lip Definer**, \$16; mirabellabeauty.com. Chanel Rouge Allure **lipstick**, \$32; department and specialty stores, chanel.com.  
**PAGE 148:** Flirt All That Lash Volumizing **Mascara**, \$14; Kohl's, kohls.com. Mally **Blush Single**, \$18; mallybeauty.com.  
**PAGE 149:** Dior 5-Colour **Eyeshadow**, \$58; Dior beauty counters nationwide, dior.com. MAC Viva Glam **Lipstick**, \$14.50; maccosmetics.com.

## Sweepstakes Rules

**FREEBIES! SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Go to redbookmag.com/freebies between 12:01 a.m. ET on February 15, 2011, and 11:59 p.m. ET on March 14, 2011, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or Canada who has reached the age of majority in his or her state, territory, or province of residence at time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

### ALL-INCLUSIVE MEXICAN ESCAPE SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN.

Sponsored by Hearst Communications, Inc. Go to redbookmag.com/freebies

**Redbook Shopper Advertising**  
**Contact: Michael Rohr**  
mrohr@hearst.com



between 12:01 a.m. ET on February 15, 2011, and 11:59 p.m. ET on March 14, 2011, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or Canada age 21 or over at time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at [redbookmag.com/freebies](http://redbookmag.com/freebies).

**THE PERFECT SKI WEEKEND SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN.**

Sponsored by Hearst Communications, Inc. Go to [redbookmag.com/freebies](http://redbookmag.com/freebies) between 12:01 a.m. ET on February 15, 2011, and 11:59 p.m. ET on March 14, 2011, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or Canada age 21 or over at time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at [redbookmag.com/freebies](http://redbookmag.com/freebies).

**THE WISH COME TRUE SWEEPSTAKES, A.K.A. THE \$250,000 CASH GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN.**

Sponsored by Hearst Communications, Inc. Go to [win250k.redbookmag.com](http://win250k.redbookmag.com) and complete and submit the entry form pursuant to the onscreen instructions. Beginning February 1, 2010, at 12:01 a.m. ET through January 31, 2012, at 11:59 p.m. ET. (1) Grand-prize winner will win \$250,000. (24) First-place winners will receive \$1,000 each. (24) Second-place winners will receive \$100 each. Odds of winning depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at [win250k.redbookmag.com](http://win250k.redbookmag.com).

**31 DAYS OF NEW OUTFITS SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN.**

Sponsored by Hearst Communications, Inc. Go to [redbookmag.com](http://redbookmag.com)

/win31outfits between 12:01 a.m. ET on February 15, 2011, and 11:59 p.m. ET on March 14, 2011, and complete and submit the entry pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, Puerto Rico, or Canada who has reached the age of majority in his or her

state, territory, or province of residence at time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at [redbookmag.com/win31outfits](http://redbookmag.com/win31outfits).

**The models pictured in REDBOOK are used for illustrative purposes only; REDBOOK doesn't suggest that the models actually engage in the conduct discussed in the stories they illustrate.**

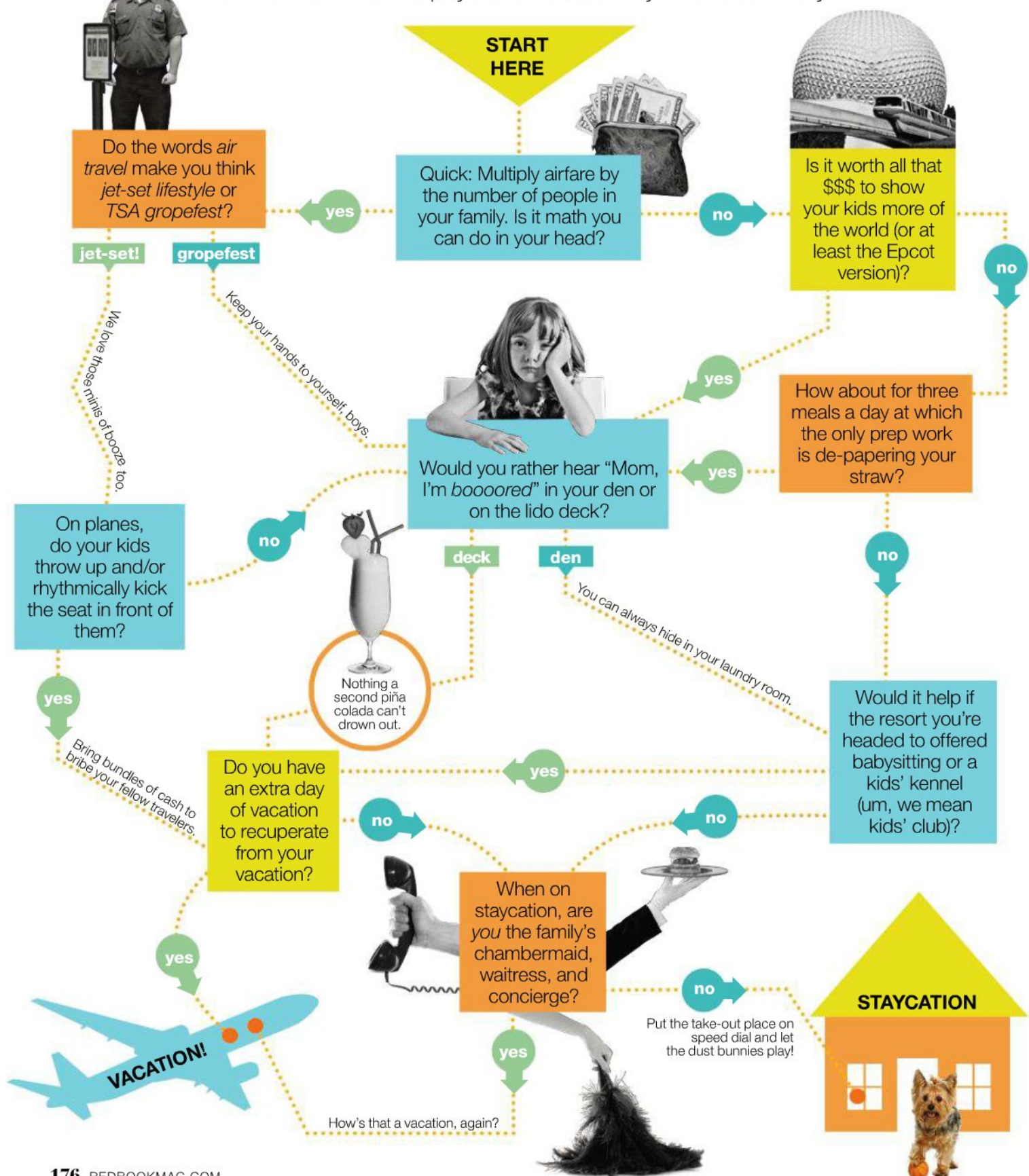
REDBOOK® (ISSN 0034-2106) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan Jr., Vice President and Group Controller. ©2011 by Hearst Communications, Inc. All rights reserved. REDBOOK is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement No. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$17.97 for one year. Canada and all other countries: \$29.97 for one year. Subscription Services: REDBOOK will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to [service.redbookmag.com](http://service.redbookmag.com) or write to Customer Service Department, REDBOOK, P.O. Box 6000, Harlan, IA 51593. REDBOOK is not responsible for unsolicited manuscripts or art. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Please send address changes to REDBOOK, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.





# Vacation **or** staycation?

Watching the baby eat sand versus stir-craziness at home: We help you choose. By Melissa Daly



TSA EMPLOYEE: BLOOMBERG/GETTY IMAGES. MONEY: AARON GRAUBART/GETTY IMAGES. EPCOT: DANIELLE GALIJA/CORBIS. GIRL: RUBBERBALL PRODUCTIONS/GETTY IMAGES. DRINK: BRIAN HAGLWARA/GETTY IMAGES. PHONE: IStockphoto.com. HAMBURGER: LEW ROBERTSON/GETTY IMAGES. DOG: MARTIN ROGERS/GETTY IMAGES.





Our secret?  
Let the oranges work their magic.

Never frozen.  
Never concentrated.  
Never sweetened.

Simply Orange®  
Honestly Simple®







DicksSportingGoods.com/Reebok

# Reetone

Karen, Hamburg, Production Manager.  
Wears EasyTone since 2010.



INTRODUCING EASYTONE APPAREL WITH BUILT-IN RESISTTONE™ BANDS DESIGNED TO TONE KEY UPPER BODY, LEG AND BUTT MUSCLES. PAIR THEM WITH YOUR EASYTONE SHOES FEATURING MOVING AIR TECHNOLOGY. BETTER BODY WITH EVERY MOVE.

**EASYTONE**

**Reebok**